

**FREE CLARITY WORKBOOK**

Feeling Stuck? Discover Your Next Step with the A.A.P.E.R. Framework™

A Life Planning God's Way™ Resource

*"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways  
acknowledge Him, and He shall direct your paths."*

— Proverbs 3:5-6

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## WELCOME

Have you ever felt like:

- You're busy but not productive?
- You know God has more for you, but you're unsure what it is?
- You have dreams but no clear plan?
- You're overwhelmed by life, business, ministry, or career decisions?
- You feel stuck and unable to move forward?

If you answered yes to any of these questions, this workbook is for you.

The good news is that being stuck doesn't mean you're lost.

It often means God is preparing you for your next season.

This workbook will walk you through the first steps of the Life Planning God's Way™ A.A.P.E.R. Framework so you can gain clarity, confidence, and direction.

## WHAT IS THE A.A.P.E.R. FRAMEWORK™?

A.A.P.E.R. is a proven framework designed to help women move from confusion to clarity and from frustration to purpose.

### A – ASSESS

Where am I now?

### A – ALIGN

What is God saying about my situation?

### P – PLAN

What steps should I take?

### E – EXECUTE

How do I move forward consistently?

R – REFLECT

What has God taught me through this process?

## STEP 1: ASSESS

### Take Inventory of Your Life

Rate your current satisfaction in each area.

1 = Struggling

10 = Thriving

Faith \_\_\_\_\_

Family \_\_\_\_\_

Health \_\_\_\_\_

Finances \_\_\_\_\_

Career/Business \_\_\_\_\_

Relationships \_\_\_\_\_

Personal Growth \_\_\_\_\_

Purpose \_\_\_\_\_

### Reflection Questions

Which area scored the lowest?

Which area needs immediate attention?

What has been keeping you stuck?

## STEP 2: ALIGN

### Seek God's Perspective

Before making decisions, pause and ask God for wisdom.

### Prayer

Father, help me see my situation through Your eyes. Reveal any fears, distractions, or limiting beliefs that are keeping me from walking in purpose.

Amen.

### Reflection Exercise

What do I believe God is calling me to do next?

What scripture has God been highlighting to me lately?

What fear is preventing me from moving forward?

### STEP 3: PLAN

#### Create Your Next 30-Day Purpose Plan

Instead of focusing on everything, focus on ONE goal.

My Primary Goal:

Why is this goal important?

#### My Three Action Steps

1.

2.

3.

#### Potential Obstacles

What might get in my way?

How will I overcome it?

## STEP 4: EXECUTE

### Commit to Consistent Action

Success is not built in a day.

It is built through daily obedience.

### Weekly Action Tracker

Week 1  Completed

Week 2  Completed

Week 3  Completed

Week 4  Completed

### Daily Accountability Questions

Did I spend time with God today?

Yes  No

Did I work toward my goal today?

Yes  No

What progress did I make?

## STEP 5: REFLECT

### Celebrate Progress

Too often we focus on what's left to do instead of what we've accomplished.

### Reflection Questions

What progress have I made?

What have I learned about myself?

What has God revealed during this process?

What is my next step?

## YOU DON'T HAVE TO DO THIS ALONE

Many women remain stuck because they are trying to figure everything out by themselves.

The Life Planning God's Way™ Coaching Program is designed to help you:

- ✓ Gain clarity
- ✓ Discover your purpose
- ✓ Create an action plan
- ✓ Overcome obstacles
- ✓ Stay accountable
- ✓ Walk confidently into your God-given destiny

Join the Kingdom Purpose Coaching Services Waiting List

Be the first to know when coaching opportunities become available.

Email:

[coachdrea@kpcoach.co](mailto:coachdrea@kpcoach.co)

Website:

[www.kpcoach.co](http://www.kpcoach.co)

DECLARATION

I declare that I am no longer stuck.

I am equipped, empowered, and called according to God's purpose for my life.

I will move forward in faith, trust God's timing, and take action toward the vision He has given me.

In Jesus' Name,

Amen.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_