

THE

LIFT *Index*

Seeking Clarity: 3 Steps to Live What Lights You Up

Welcome to the Seeking stage of the LIFT Index, a season of openness, questioning, and reorientation. Something is stirring, even if it is not fully formed yet. You may feel untethered, restless, or unsure of what comes next, but this is not a lack of direction. It is the beginning of one.

At Seeking, clarity has not arrived yet because curiosity is leading the way. This is often a threshold moment, sparked by change, transition, or a quiet knowing that old patterns no longer fully serve you. Rather than forcing answers, this stage invites you to listen, explore, and reconnect with what genuinely matters to you.

Seeking is foundational. Many women return here when starting something new, entering a new chapter, or releasing former identities. This stage creates the space where truth, desire, and purpose can emerge naturally.

You are not lost. You are listening. Each spark, surprise, and playful step brings you closer to a life that feels fully alive and aligned with who you are. It is a time for joy, not judgment.



#1: Notice What Energizes You

Goal Identify moments, activities, or ideas that naturally spark your interest.

Exercise Take a notebook or journal. Over the next few days, jot down moments when you feel energized, excited, curious, or fully engaged.

- A conversation that sparks new ideas
- A hobby that makes time fly
- An article, podcast, or topic that makes you think, "I want to learn more about this."

Highlight patterns. Consider what themes, topics, or activities consistently appear.

If you want to organize your thoughts, you can utilize the chart below by filling in each row whenever you notice a spark. Do not judge. Just capture what excites you.

Charting Your Sparks			
Spark / Idea	When / Where It Happens	How It Feels	How Could I Explore This Further?

Reflection Questions

What makes me lose track of time?

When do I feel most alive or curious?

Which sparks could I explore further?

Tip: Focus on joy, not practicality. Even random sparks are clues to what lights you up.



#2: Reframe Resistance

Goal Identify the inner doubts, "shoulds," or limiting beliefs that try to hold you back, and give yourself permission to explore anyway.

Exercise Keep your journal handy. As you track sparks of curiosity, note any resistance or self-talk that comes up. Examples:

- "I don't have time for this."
- "I'm not _____ enough."

Next to each resistance, write a playful, permission-based response. Examples:

- "I'm allowed to follow this spark even if it seems random."
- "Trying this is part of discovering what lights me up."

Giving Permission to Play	
Resistance / Limiting Belief	Permission / Reframe
<i>This is not practical.</i>	<i>I can explore this just for fun, no pressure.</i>

Reflection Questions

Which limiting beliefs keep showing up for me?

How can I gently step past them to explore what excites me?

What small, playful experiment could I do this week to honor my curiosity despite the resistance?

Permission reminder: Resistance is normal. It means something matters. Exploring anyway builds trust in yourself and your instincts. Notice which sparks you felt drawn to even if your mind said no. These often point to what matters most.



#3: *Build on Your Progress*

Goal Recognize and honor every small step you take toward curiosity and exploration. This keeps momentum, reinforces self-trust, and makes the journey joyful.

Exercise Reflect on your small wins to take with you.

Reflection Questions

After reviewing my notes, was there anything that surprised me about myself, my interests, or my energy I may have not noticed before?

Is there a particular person or an idea that has inspired me recently? Why?

Which limiting belief showed up when I considered trying something new, and how did I respond?

Did I take action toward something that sparked my interest without worrying about “right” or “wrong”?

Is there a nagging thought, feeling, or idea that keeps coming up for me that I could explore further?

What is one thing I want to continue exploring next week?

Tip: No win is too small. Each moment of curiosity or experimentation is a seed for your next chapter. Celebrating surprises and noticing the limiting beliefs you overcame reinforces your confidence and fuels your next steps.



Next Steps...

You're in a season of curiosity, openness, and reorientation. Seeking is not about finding immediate answers, but about creating the conditions where clarity can emerge naturally. This stage invites you to listen more closely to yourself, notice what draws your attention, and explore without the pressure to decide too quickly.

The exercises in this stage are meant to be revisited as your interests, energy, and circumstances shift. Growth here isn't linear. Some questions will linger. Some experiments will lead nowhere. Others will surprise you. All of it is useful. Seeking is about gathering information through experience, not forcing conclusions through analysis.

The LIFT Index helps you recognize when it's time to stay open and when curiosity is beginning to coalesce into direction. As you continue, notice what consistently sparks your interest, what feels expansive rather than draining, and what brings a sense of quiet excitement or relief. Let those signals guide you. There is no rush to resolve them.

As your curiosity becomes more focused and patterns begin to form, you'll naturally move toward the Striving stage: a season of intentional focus, momentum, and choice. For now, trust that paying attention, experimenting gently, and following what feels alive is exactly the work of this stage.

Continue your journey at the Seeking stage on elanoura.com/LIFT/seeking with these additional resources:



Check off more tasks on Seeking's to-do list and keep experimenting with curiosity.



Watch our founder Erika share her most powerful advice for women at the Seeking level.



Explore additional resources and exercises to deepen your self-discovery and strengthen your next steps.



Have you joined our collective of women leaders?

Join the global Élanoura Collective and connect to fellow women founders and leaders from around the world who believe in making a difference with what we do. Sign up at elanoura.com/collective



CLOSING THOUGHTS

Follow your joy.

Clarity does not come from overthinking. It comes from noticing, experimenting, and reflecting. Each small step you take brings you closer to a life that feels fully alive and aligned with who you are.

Remember: Interests evolve, new sparks appear, and your path will shift. This is part of the journey. Give yourself permission to explore freely, trust your instincts, and follow the joy that lights you up.

You don't need to have it all figured out. Following joy and curiosity is exactly where clarity begins. Trust that when the time is right, you'll know which direction feels most aligned because you've already done the work exploring your options. The direction you ultimately choose will be the one that excites you, energizes you, and makes you come alive!



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