



Illuminate These Blind Spots Before Year's End

**An invitation to clarity before your
strategic turn into 2026**

by Arline Davis, Master Coach and Life & Career Transition Mentor

✨ Introduction

You cannot change what you cannot yet see. Therefore, before making ambitious plans for 2026, it is essential to illuminate the blind spots that — silently — shaped your decisions, priorities, and paths throughout the year.

This ritual is an invitation to practical, profound, and transformative reflection. These are 4 powerful questions for you to write, meditate on, or even share with someone you trust.





🔦 Blind Spot 1 — What shaped me in 2025 (without me choosing it)?

"In 2025, I was shaped by..."

Think about contexts, urgencies, fears, or external pressures that influenced how you acted, decided, or prioritized. What among these do you choose to leave behind?

👉 This blind spot reveals where you lost authorship — and where you can reclaim it.

🔦 Blind Spot 2 — What unconscious decisions did I make in each area of life?

Draw a wheel divided into areas (e.g., health, career, finances, spirituality, relationships, leisure).

For each one, ask:



- ☐ What was I deciding (without realizing it)?
- ☐ What price am I paying for this automatic decision?

👉 **This blind spot brings to light silent patterns that sabotage your conscious intention.**

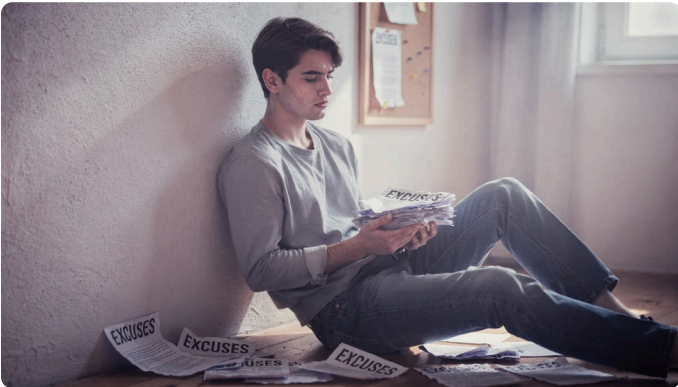
🔦 Blind Spot 3 — Where did I choose the easier path instead of the right one?

We all make choices for practicality or comfort. But what stopped growing, maturing, or happening because of it?

👉 This blind spot gives you back the power of strategic courage.



🔦 Blind Spot 4 — What was the most convincing excuse that stopped me from moving forward?



Perhaps it was lack of time, support, clarity...

But does that excuse still serve you?

👉 This blind spot exposes self-deception with compassion — and invites liberation.

✍️ How To Do It

Take a moment with paper and pen (or record audios for yourself). Choose one point per day, or do them all at once. Reread, highlight what impacted you the most, and write the phrase:

| **"Now that I see, I can change."**



Next Step

If you want to deepen this clarity, request the free **SCAN Report**, my strategic transition clarity tool, by sending an e-mail with the subject line **SCAN Report** to contato@institutoarlinedavis.com.br

- ☐ Want a strategic partner to explore these questions with you? Schedule a 15 minute coaching connection call or if you ready to get serious, a special year-end session with me to gain deeper clarity and create your roadmap for 2026.

Sign up at: <https://year-end-reset-coaching-7xhxe0v.gamma.site/>

Make your request for the Scan Report or special Year End Session:
contato@institutoarlinedavis.com.br

Let's protagonize your 2026 turning point together — with awareness, purpose, and action.

