

AB4LIFE

Free Clarity Tool

Pause, reflect, and realign with what truly matters.



About this resource

A short, guided clarity exercise designed to help you slow down, get honest with yourself, and reconnect with what actually matters to you right now.

What's inside

- Centering breath + grounding prompt
- 3 reflection questions to surface what's weighing on you
- A simple realignment worksheet
- Closing prayer / intention

Free

Download Free — Email an-g@ab4life.com

AB4Life provides faith-based personal growth resources and emotional clarity support. Not therapy, counseling, or crisis services.

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Stillness Without Stress Guide

Practice stillness without guilt or overwhelm.



About this resource

A gentle guide to building a stillness practice that fits real life — no guilt, no perfection, no pressure to do it 'right.'

What's inside

- What stillness really is (and isn't)
- 5-minute daily stillness framework
- How to quiet mental noise
- Faith-anchored stillness prompts

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Faith Without Performance Guide

Reconnect with your faith naturally.



About this resource

For anyone tired of performing their faith. A grounded, no-pressure invitation back to a real, personal connection — exactly as you are.

What's inside

- Spotting performance vs. presence
- Releasing shame around your faith journey
- A quiet practice to reconnect
- A new daily rhythm you can actually keep

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Faith & Purpose Daily Planner

Plan your days with faith and purpose.



About this resource

A daily planning system that anchors your time in faith, intention, and your actual priorities — not just a to-do list.

What's inside

- Daily devotional + intention space
- Top 3 priorities (faith, family, work)
- Reflection + gratitude prompts
- Weekly review pages

\$19

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Purpose-Driven Action Starter Pack

Identify your purpose & next steps.



About this resource

A practical starter pack to take you from 'I think I know my purpose' to a clear set of next steps you can actually act on.

What's inside

- Purpose clarity worksheet
- 30-day action map
- Weekly check-in template
- Obstacles & alignment audit

\$29

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Mindfulness & Growth Reflection Workbook

Pause, reflect, and grow mindfully.



About this resource

A reflection workbook for slowing down and noticing how you're actually growing — emotionally, spiritually, and mentally.

What's inside

- Weekly reflection prompts
- Emotional pattern tracker
- Growth journaling pages
- Quarterly self-review

Launching Soon

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Async Coaching: Faith & Purpose Clarity Session

Personalized guidance, on your time.



About this resource

A personalized async coaching experience: you share where you are, and you receive a guided clarity response — no scheduling pressure.

What's inside

- Intake reflection questionnaire
- Personalized written guidance
- Custom action steps
- One follow-up message

\$199

Request a Session — Email an-g@ab4life.com

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