



The Gap Year Movement

Vision Clarity Prompts: Rediscover What Lights You Up

Created by Amy Martinez (@gapyearwithamy) – Your Guide to Intentional Gap Years & Soul-Aligned Living

Welcome!

If you've come this far exploring our site and tools, your soul is telling you that it's time for an intentional pause to reconnect with your energy, joy, and what's next.

These **12 powerful prompts** help you tune into that inner pull — the clear knowing of how you want to feel and live in this next chapter. Use them over a weekend, during morning pages, or whenever you need fresh direction.

How to Use:

- 10–20 minutes per session. Write freely.
 - Revisit anytime — your answers will evolve.
 - Pair with the free Life Balance Assessment for even more insight.
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Section 1: Honoring Where You've Been

1. What achievements are you most proud of, and how have they shaped the wisdom you carry now?
2. What parts of your old success story no longer feel energizing? What are you ready to release with gratitude?
3. Describe a time you felt truly alive and fulfilled. What made it so magnetic?

Section 2: Reconnecting with Your Joy & Energy

4. If time and money weren't obstacles, how would you spend a perfect week? (Describe in detail feelings, places, people, activities)
5. What activities or environments make you lose track of time? How can you bring more of them into your life?
6. What values matter most to you right now (freedom, creativity, peace, adventure, connection, etc.)? Where are they missing?
7. How does your body and energy feel on a typical day? What small shifts would help you feel more vibrant and rested?

Section 3: Tuning Into Your Next Chapter

8. What does an aligned gap year or next chapter feel like in your body? Describe the daily rhythm, experiences, and impact you crave.
9. Write a short letter from your future self (6–12 months ahead) thanking you for taking this intentional pause.



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10. What single word or short phrase wants to guide this next season (e.g., “Renewed Freedom,” “Joyful Exploration,” “Magnetic Vitality”)?

Section 4: Intuitive Next Steps

11. What’s one small action you could take in the next 7–14 days to honor what you’ve discovered?
12. Who or what support might you need as you explore this new direction?

Closing

Re-read your responses in a week or two. Notice what excites you most.

This is just the beginning. Your vision for this next chapter deserves space, support, and real momentum.

Ready to go deeper?

- Book a 1:1 Clarity Call or join the next group coaching cohort.
- Explore retreats and paid programs at thegapyearmovement.com

Every intentional pause creates space for magic. You’ve got this!



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***Space left blank for journaling and next steps notes.*