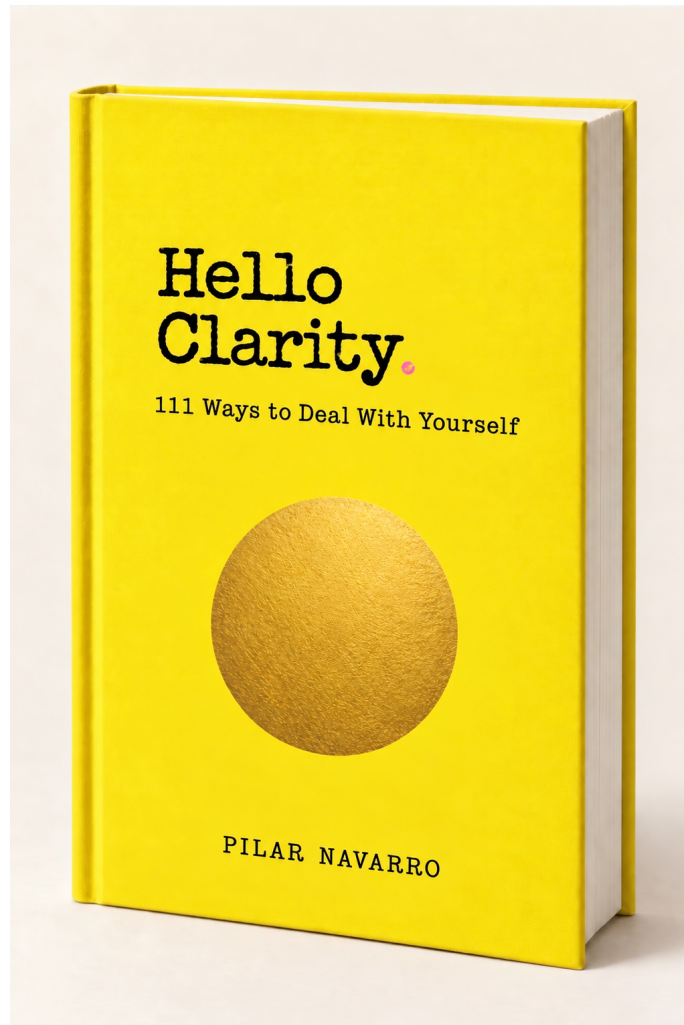


Hello Clarity

111 ways to deal with yourself

Pilar Navarro



Proposed cover

Personal development and practical reflection | English language manuscript

Unpublished book in preparation

The book

Hello Clarity brings together 111 practical tools and exercises that invite readers to pause, understand themselves more deeply and find greater clarity in everyday life. Written by coach Pilar Navarro, the book approaches uncertainty with curiosity and a positive sense of possibility.

The project grew from a question Pilar asked herself while working with coaching clients: how could the tools she used in individual conversations become available to people in their daily lives? A collection of exercises gradually became a book organised around nine areas of personal experience, from self-awareness and emotions to decision making, relationships and creativity.

Each area connects ideas and personal observations with practical invitations to reflect. Readers might explore the values behind a choice, draw a map of an unresolved problem, notice the patterns in a relationship or make room for creative expression. The emphasis is on developing their own perspective and choosing a next step that makes sense to them.

A book to spend time with

Visual thinking is central to the project. Pilar intends Hello Clarity to be both a useful collection of exercises and a carefully designed book that people enjoy spending time with. Her lifelong enjoyment of painting and photography informs this attention to visual beauty, harmony and design. Illustrations, visual prompts and the physical experience of the page are part of that invitation to slow down, observe and think.

Readers and the reading experience

Hello Clarity is intended for curious adults who enjoy learning, are willing to ask themselves questions and want space for deeper reflection. Its readership includes people navigating change or a difficult choice, as well as those who simply want to know themselves better and engage more deliberately with everyday life.

The author expects particular interest among women, while welcoming readers of all genders. The invitation rests on curiosity and a willingness to participate. Readers can approach an exercise through writing, observation, conversation or a visual response, depending on the tool and their own preferences.

A positive and practical approach

The book treats reflection as a way to notice possibilities. Its exercises encourage readers to examine assumptions, recognise resources and try a different perspective. Pilar combines her coaching experience with ideas and approaches that have influenced her across psychology, philosophy, creativity and mindfulness.

Selected anecdotes give the ideas a human context. Experiences, encounters and objects can become starting points for exploring a question. The personal material supports the reader's reflection while the practical tools remain at the centre of the book.

Examples from the manuscript

Decision Journaling

An invitation to record the choice a reader is making, the reasons behind it, what it aligns with and the outcome they hope for. A drawing or personal symbol can accompany the written reflection.

The Museum of You

Readers imagine a museum of objects and experiences that express their creativity. Looking at what they would include, and what is still missing, opens a conversation about identity and future expression. A sketch, collage or mood board can make that reflection visible.

The Five Senses Check-In

A sensory exercise that brings attention to the present moment through noticing the surrounding world. It reflects the book's wider invitation to make space for observation within ordinary life.

Chapter outline

The manuscript is organised into nine chapters. Each explores a distinct area of life through reflection and practical exercises.

1 Self-Awareness

Explores identity, values and the stories readers carry about themselves. The exercises create space to look inward with honesty and curiosity and to understand what matters personally.

2 Managing Emotions

Invites readers to recognise emotions and consider what they communicate. Reflection focuses on patterns, needs and the relationship between a feeling and a response.

3 Life Audit & Goal Setting

Encourages readers to consider the wider shape of their lives, assess priorities and develop goals that reflect what they value and want to move towards.

4 Decision Making

Offers ways to examine choices, question overthinking and work with uncertainty. Readers explore their options and the values that can guide a next step.

5 Problem Solving

Uses perspective shifts and practical frameworks to explore a challenge. The exercises help readers question the first interpretation of a problem and consider other possibilities.

6 Managing Change

Explores how people meet transitions in their lives. Readers examine their responses to change, consider what they can influence and identify resources for moving forward.

7 Interpersonal Relationships

Examines the space between self and others, including listening, connection, values and boundaries. Exercises invite readers to reflect on how they participate in their relationships.

8 Creativity & Innovation

Treats creativity as a practice available in everyday life. Playful exercises encourage fresh connections, a wider perspective and greater confidence in personal expression.

9 Gratitude & Mindfulness

Invites readers to slow down and notice their present experience. Gratitude, sensory awareness and simple reflective practices bring attention to the details of ordinary life.

About Pilar Navarro

Pilar Navarro is a coach with a thirty-year background in marketing and sales. Her interest in psychology and human behaviour long preceded her coaching training, which she began with Erickson Coaching International in 2016. She holds the Professional Certified Coach credential from the International Coaching Federation.

She studied Law at the University of Seville, completed a master's in European Studies and spent time in Strasbourg on an Erasmus programme in Political Science. Her subsequent corporate career brought her close to the pressures, decisions and changes that people carry into their working lives.

A visual thinker with a strong interest in design, art, books and print culture, Pilar sees making and observing as ways to understand experience. For her, creativity also means seeing the wider picture, noticing possibilities and discovering perspectives that were previously out of view. Encounters with different cultures also inform selected stories and reflections in her writing.

Hello Clarity is her first book project intended for a wider publishing audience. She has also created four privately published editions of family memories. Her work brings together her coaching practice, her observations of people and her desire to make useful reflective tools more accessible.

Development beyond the book

Pilar is developing workshops around the book's chapters, supported by companion exercise booklets that participants can use during and after a session. A creativity workshop based on the manuscript has already taken place in Madrid. Further chapter workshops and related tools are planned.

The book remains the starting point for this work. The workshops offer a shared setting in which people can explore selected ideas and exercises, while the companion materials support continued reflection.

Publication stage

The English language manuscript is in preparation and has not yet been published. The author is seeking conversations with publishers and literary agents about the book and its development for publication.

Editorial enquiries

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