

MALLON GROWTH & CLARITY

Use Clarity like a coach.

Think better. Follow through. Become who you intend to be.



Robert Mallon

Executive coach · 20+ years · 19,000+ coaching hours

Know what is true. Choose what matters. Do the next right thing.

START HERE

Clarity works best as a rhythm, not a place you visit only when something is wrong.

The product is built around three recurring coaching moments. Your 90-day direction, identity, calls, decisions, and commitments stay underneath all three so every conversation can begin with context instead of starting over.

THINK ON DEMAND

Bring the decision, pressure, conversation, or open loop taking up the most mental space.

ACT EACH DAY

Protect one meaningful result, anticipate the obstacle, and decide what visible proof looks like.

STEP BACK WEEKLY

Review evidence, name the pattern, work the real issue, and choose one commitment.

The one rule

Do not use Clarity to make a longer list. Use it to tell the truth, make a choice, and carry one important commitment forward.

Current Robert clients: your connected calls, summaries, goals, and commitments give Clarity continuity between live sessions.

AI coaching members: your Starting Point and weekly sessions create a Robert-style coaching journey without assuming you already know the system.

YOUR FIRST WEEK

Set up the coaching relationship before you optimize the routine.

You do not need to complete everything at once. The aim of the first week is to give Clarity enough honest context to recommend the right next step.

- 01 Confirm your Starting Point.** AI coaching members answer by voice; current clients review the context drawn from eligible Robert calls.
- 02 Name who you want to become.** Make identity specific enough to recognize in your behavior, relationships, and leadership.
- 03 Choose one primary 90-day direction.** Define what done looks like and the weekly evidence that would prove movement.
- 04 Set your coaching rhythm.** Choose the days and times when a useful email nudge should bring you back.
- 05 Complete one Daily Clarity.** Let Clarity connect the quarter to a result you can prove today.
- 06 Complete one weekly coaching session.** Finish with one commitment, a due date, and visible proof.

✓ I can say what matters most this quarter.

✓ I know the behavior that would show who I am becoming.

✓ I have one open commitment—not ten competing intentions.

✓ My reminder schedule helps without becoming noise.

TODAY

Let Clarity choose the next useful moment.

The Today page is designed to reduce choice. It looks at the rhythm already in motion and recommends one primary next step: daily focus, weekly coaching, a 90-day direction, session preparation, or an evening close.

MORNING

Start from the prior commitment.
Name one result, the likely obstacle,
and proof by tonight.

DURING THE DAY

Return to the Daily Brief before adding
more. Ask Clarity when a decision or
conversation becomes stuck.

EVENING

Keep the win, name what changed,
set down the open loop, and choose
tomorrow's first thread.

A high-quality Daily Clarity answer

Weak: “Work on the hiring plan.”

Strong: “Send the final role scorecard to Jenna by noon. The likely obstacle is letting inbox requests interrupt the block. Proof is her written feedback before 3 PM.”

Specific proof gives future coaching something real to work with. If the commitment does not happen, Clarity should help you understand what got in the way—not punish you or quietly add another task.

WEEKLY COACHING

The weekly session is where activity becomes learning.

Set aside 10–20 quiet minutes. Speak naturally. Clarity will organize the reflection and save one brief that future conversations can use.

- 01** What moved? Begin with evidence instead of mood.
- 02** What stalled? Tell the truth without turning reflection into self-criticism.
- 03** What pattern is underneath it? Notice avoidance, overthinking, rescuing, false urgency, or waiting for certainty.
- 04** What is the real decision? Separate the issue from the noise around it.
- 05** What matters most next week? Connect the priority to the quarter.
- 06** What will you commit to? Choose an action you control.
- 07** What proof will show it is done? Define something visible and checkable.
- 08** Who will you practice becoming? Make growth observable in one behavior.

Current Robert clients: use the “Bring to Robert” section to sharpen the next live session. Clarity should help you arrive with the real issue already named.

CLARITY

Bring the issue before you bring a framework.

You do not need to know which coaching tool to select. Begin with: “What needs clarity right now?” Then describe the decision, pressure, conversation, or open loop in your own words.

DECISION

Separate facts from assumptions, compare viable options and tradeoffs, and check the choice against goals and values.

LEADERSHIP

Name the standard, the facts, the conversation you are avoiding, and the next responsible action.

ACCOUNTABILITY

Return to the commitment already made, learn from what interfered, and define the smallest honest proof.

Know when the conversation is complete

- ✓ Decision: I know what I am choosing and why.
- ✓ Next clear action: I know the next action, timing, and visible proof.
- ✓ Open question: I know what evidence or date will resolve it.

Ask Clarity to challenge you. Useful phrases include: “What am I avoiding?” “Separate the facts from my assumptions.” “What truth do I already know but have not acted on?” and “What would Robert likely want me to see here, based only on the reviewed method and my private context?”

GOALS & PROGRESS

Treat the goal as the operating system, not another tab.

Clarity keeps a maximum of three active quarterly goals and asks you to choose one primary direction. The primary goal should influence daily proof, weekly priorities, on-demand decisions, and progress review.

FINISH LINE

What will be observably true 90 days from now?

WEEKLY PROOF

What evidence should exist each week if the goal is genuinely moving?

IDENTITY

Who must you practice becoming to pursue the result in the right way?

Use Progress to tell the story

Progress is not a score for opening the app. It is the accumulated record of goals, completed commitments, decisions, wins, coaching reflections, and evidence that your choices are matching the person you want to become.

- ✓ Review the primary goal before changing weekly priorities.
- ✓ Record proof, not vague percentage estimates.
- ✓ Keep wins that reveal a repeatable behavior or pattern.
- ✓ Close or replace stale goals instead of letting them become background guilt.

CURRENT ROBERT CLIENTS

Make every live coaching call more usable between sessions.

When eligible calls are connected, Clarity can carry approved recordings, summaries, goals, action items, decisions, and open loops into your private workspace.

- 01** After a call: review the concise summary, confirm the action items, and use “Coach from this call” on the thread that needs application.
- 02** Between calls: let Daily Clarity return you to the commitment instead of waiting for the next conversation.
- 03** Before a call: complete the Between-session Clarity Reset and preparation flow so the real issue is already visible.
- 04** During a hard decision: ask Clarity to use the relevant call history while distinguishing documented facts from inference.

Privacy and accuracy

*Only calls matched to your verified identity and approved for use should appear.
If a summary, goal, or commitment is wrong, correct it before relying on it.
Clarity must never use another client’s private coaching history.*

A 30-DAY HABIT

Use less of the product—more consistently.

The strongest pattern is not constant chat. It is a small number of high-value returns at the right moments.

WEEK 1

Confirm context, choose the quarter, set reminders, and complete one weekly session.

WEEK 2

Use Daily Clarity at least three mornings and close two evenings.

WEEK 3

Bring one meaningful decision into Clarity before acting.

WEEK 4

Review the month's evidence: what moved, what repeatedly stalled, which commitments closed, and which behavior showed who you are becoming. Adjust the rhythm—not the standard.

Reminder settings that tend to work

- ✓ Morning: just before the day normally becomes reactive.
- ✓ Weekly: Monday morning or the quietest planning block in your week.
- ✓ Current clients: preparation one day before the usual Robert session.
- ✓ Evening: optional and early enough that reflection does not feel like another task.
- ✓ If reminders become noise, reduce frequency. Never train yourself to ignore Clarity.

KEEP THIS CLOSE

Five questions that make Clarity more useful.

- 1. What is true right now?*
- 2. What decision have I been avoiding?*
- 3. What matters most—not merely what is loudest?*
- 4. What visible evidence would show progress?*
- 5. Who do I want to become in the way I handle this?*

Clarity is an AI coaching companion built from Robert Mallon's reviewed coaching system. It is not Robert, therapy, crisis care, or professional legal, medical, financial, or HR advice. Use it to think honestly, choose deliberately, and strengthen—not replace—trusted human relationships and qualified support.

YOUR NEXT STEP

Open Today and follow the single recommendation. If something else is taking up more mental space, choose "Ask Clarity about something else."

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