

Make the Right Decisions in your Life *EVERYTIME*

Gain clarity and confidence in
making choices that align with
who you are, not who you think
you should be.



Put a Cap on It

When you notice something isn't right, you have a choice, you can:

Change

Taking immediate action is good for things that bother you frequently or are consistently impacting those around you negatively

Accept

If it's something very rarely bothers you, or you know the pros significantly outweigh the cons, it may be a good thing to accept and move on.

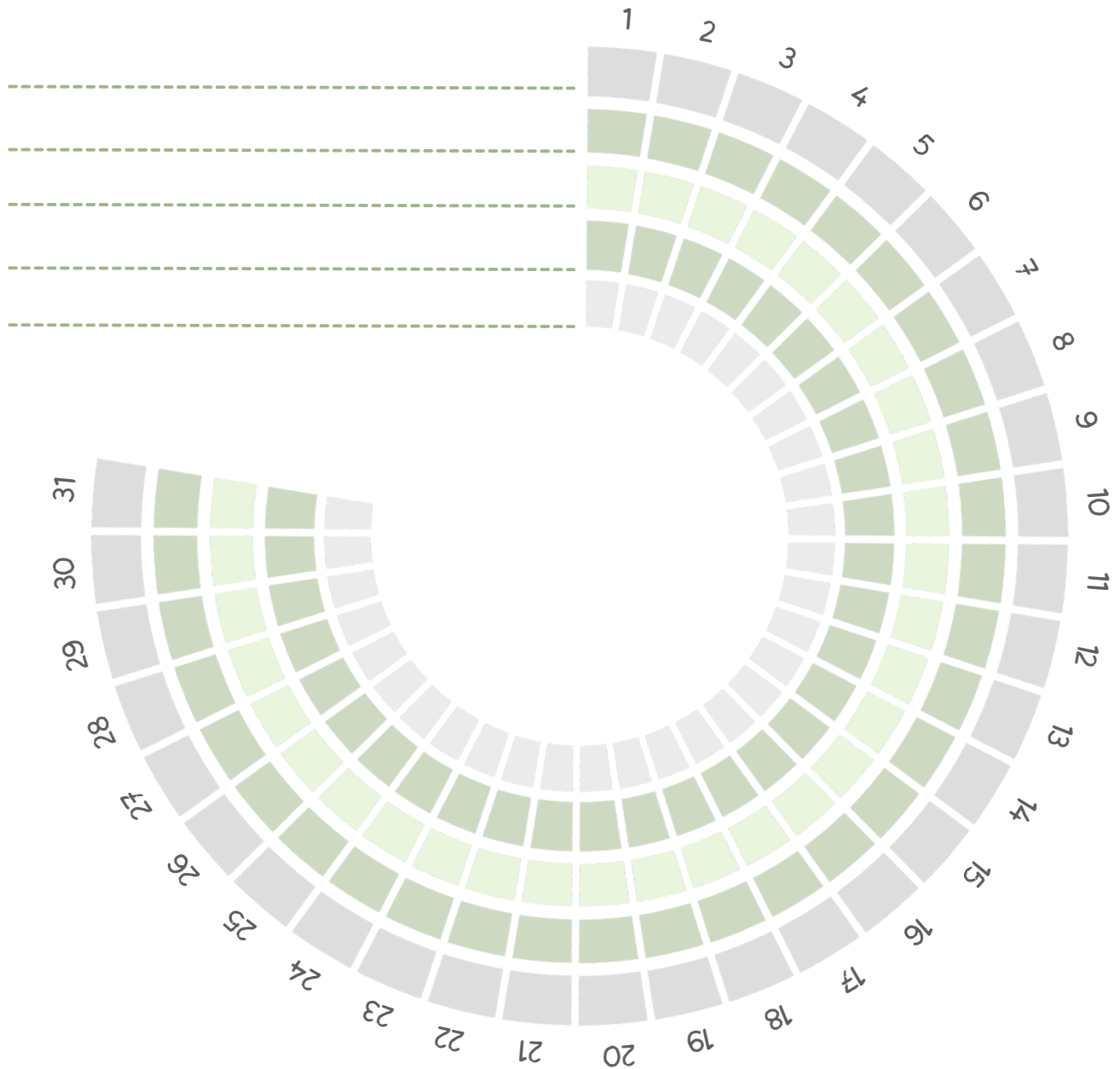
Postpone

If life is feeling overwhelming or things that aren't bothering you much now your situation will change soon and you need to address things before the change.



Habit Tracker

Daily Habits

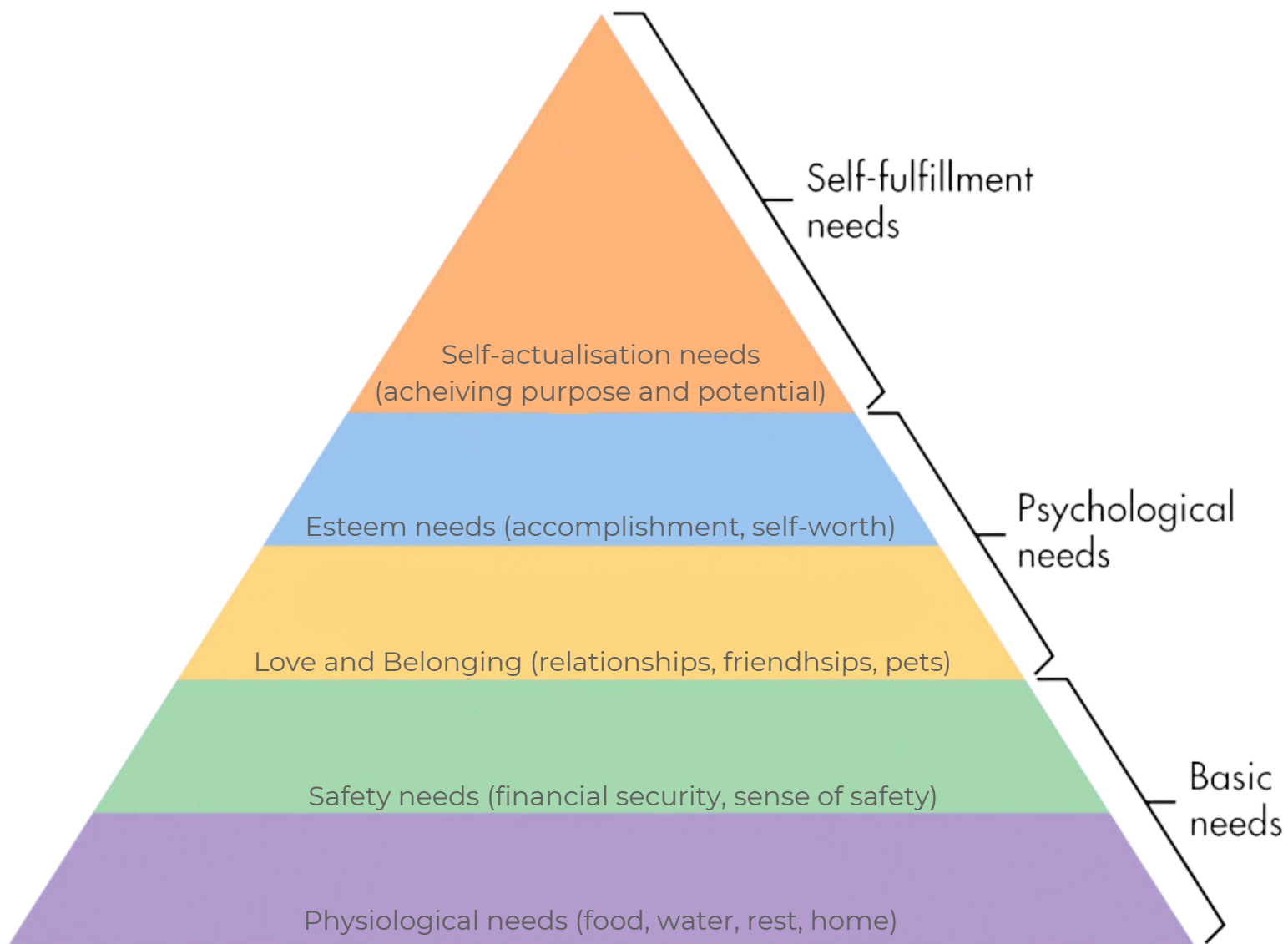


Some starting habits could include: Drinking 2 litres of water; Intentional movement; Messaging a friend; or Journaling



Your Real Needs

Start from the bottom, completing this diagram of needs, based on your specific life:



Know your Values

Common personal values:

Acceptance, Achievement, Adventure, Authenticity, Balance, Belonging, Calmness, Caring, Collaboration, Commitment, Compassion, Confidence, Connection, Contribution, Courage, Creativity, Curiosity, Determination, Empathy, Equality, Fairness, Family, Freedom, Friendship, Generosity, Gratitude, Growth, Happiness, Harmony, Health, Honesty, Humility, Independence, Integrity, Joy, Justice, Kindness, Learning, Love, Loyalty, Mindfulness, Openness, Patience, Perseverance, Respect, Responsibility, Security, Self-expression, Wisdom

Do any of these stand out to you?

Value	Why this is important to me



Gut vs. Fear

Are you making fear based decisions?

Answer the following questions honestly then rate each answer on the fear-based decision scale

This will only work if you are 100% honest with yourself.

Health and Self

Q: Are you building the life and following the paths you truly want to take?

A:

No
Fear

Lots of
Fear

Romance

Q: Are you willing to settle for less than your worth if it means having someone?

A:

No
Fear

Lots of
Fear

Friendships

Q: Are you growing and feeling happy because of your closest friends?

A:

No
Fear

Lots of
Fear

Work

Q: Are you finding satisfaction in your work that aligns with your values?

A:

No
Fear

Lots of
Fear



Be your Values

Use the “Know your Values” sheet to complete the left hand column, then answer the right hand column

Value	How I have this value each day?



Live Imperfectly

Perfect doesn't exist, so instead of aiming for perfect, let's aim for realistic

You can use the worksheet on living you values, or do this from the top of your head. Plan the actions you will take this week

What am I going to do imperfectly?

.....

When am I going to do this by?

.....

What am I going to do imperfectly?

.....

When am I going to do this by?

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What am I going to do imperfectly?

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When am I going to do this by?

.....

What am I going to do imperfectly?

.....

When am I going to do this by?

.....



Take your next Step

Stop overcomplicating things!

You don't need a 100-point pro and con list to make your decisions and take the next step

Just answer these 2 questions

Is it (logistically) possible?

(Think of all possibilities!)

No

Yes

Forget and
move on if
you're sure

Could it make you happier?

(In the long run, not just in the moment)

No

Yes

Forget and
move on if
you're sure

**Make it
happen!**

