



PLAYING IT THROUGH

Think about an upcoming decision. What are the choices?

Write them down:

Option 1. _____

Option 2. _____

Is there a material difference between Options 1 and 2? If so what is it?

Write it down:

What does life look like if you make no decision?

Write it down:

Then I want you to choose one option, stick by your decision, breathe into any anxiety and trust your instincts. Try to ignore pressure from the outside world. Over time, evaluate how you feel about the decision. If you decide the decision worked out, great; if you decide it does not feel good, you have the power to do something different.

