



The Decision Filter

Three questions to help you hear your own voice

THE DECISION I'M MAKING

1

DO I ACTUALLY WANT THIS?

Not what I should want, what looks right, or what someone else prefers.

2

DOES THIS SUPPORT THE LIFE I'M BUILDING?

Will this move me toward more peace, independence, connection, joy, or stability?

3

WHAT WOULD I CHOOSE IF I TRUSTED MYSELF?

Fear can be present. Hear your own answer before outside opinions get louder.

Before I Decide

- ☐ If nobody else had an opinion, what would I choose?

- ☐ Is this reversible, adjustable, or difficult to undo?

- ☐ What information do I actually need - and when will I stop researching?

My Next Honest Choice

What am I choosing, and why does this choice feel right for me now?

IF IT DOESN'T GO AS HOPED, I CAN...

Self-trust is trusting yourself to respond - and choose again.