

The Decider

Making a Choice

YES	NO	Decision Point	Notes:
		Is there a third option?	
		Does this feel light? (Yes) Or heavy (No)	
		Does this move me forward? (Yes) Or backwards (No)	
		Will this free up energy?	
		Would I look back and be proud of doing this?	

I don't know what I want!

Prompt:	Answer:
What am I curious to learn?	
Who am I jealous of right now?	
Who do I want to be around?	
Whom do I love to serve and help?	
What environment do I thrive in?	
What would I do if I know this is my last year?	

Things have gone off the rails!

Prompt:	Answer:
Am I breathing?	
Am I slowing down?	
Where am I out of alignment?	
Where am I not respecting my own values?	
Where am I not maintaining my own boundaries?	
Where am I not respecting my own boundaries?	

Taking on a Project or Venture

YES	NO	Decision point
		If I know it will fail, would I still do it anyway? (i.e. Is the journey worth it?)
		If it will be 3x the work I think it will take, would I do it? (because it will be)
		Does my intuition feel aligned with it? (or does my gut / body have another story)
		Do I believe I can figure it out if I put my mind to it?
		Do I have that slight sense of fear? (that is really excitement)

People we choose to be with

YES	NO	Decision Point	Notes:
		Do I feel more energy being around them?	
		Do they have my best interests at heart?	
		If I was stuck in a ditch, would they come get me?	
		Am I giving what I want to receive?	

Deciding on Things

YES	NO	Decision Point	Notes:
		Does this bring my joy?	
		Do I use it? (At least once a year)	
		Do I find it beautiful?	
		Would I buy it again if I didn't own it?	