



50ish

self development coaching for women



How to make decisions lead you forward.
Get clear of the thing that you want to create
or experience.
Be specific.
Be singular.

Visualise the outcome and connect with what it is you will feel when
you achieve it.

Decide to commit to the result you want to create.

Expect to feel fear when you commit.

Thoughts on decisions:

The way you think about decisions dictates how you feel about making
decisions.

Decisions are neutral. It's the thought that you think about them that
creates the emotional pain (doubt, anxiety, fear)

Identifying the root cause of indecision helps you understand the
underlying fear.

Emotions keep us in indecision.

Remember, emotion comes from our thoughts about the decision - not
the actual decision itself.

Learning to feel the fear that comes with decision-making is part of the
process.

We often try to escape our feelings. This is what we are doing when we
buffer - with food, scrolling, procrastination over thinking etc.

Feelings don't actually hurt us. They are uncomfortable. Sometimes
excruciatingly uncomfortable (heartbreak, grief, depression) feeling
themselves don't actually hurt us.



50ish

self development coaching for women



When you develop the confidence to be able to feel and hold your feelings, you build extraordinary trust and confidence in yourself.

Remember: There are no wrong decisions.

The decisions we make at any moment are us doing the best we can with what we have at that very moment.

We worry that we might regret our decisions. But regretting a decision stops us from understanding our process.

When we allow ourselves to understand how we think, feel and act when it comes to making decisions, we can make decisions more quickly, and in alignment with what we are trying to create, we develop a trusting relationship with what we decide.

We are able to stop negative self-talk when the desired outcome of that decision hasn't immediately presented itself.

Decision regret is thinking that we should have had access to something we didn't have.

When we make a decision, we have to have our own back.

We have to back the decision we make.

We have to back the woman that made it.

Recognise decision-making, you are trying to move forward to improve your life or yourself in some way.

**My favourite decision thought at the moment:
I've made a decision and am moving forward.**

Favourite decision questions.

What would love do?

What would creativity do?