

My Decision Making Prompts

Take a few minutes to answer the following questions and gain clarity on what you truly think and feel.

Source: The Confidence Solution (Chloe Brotheridge) Penguin Books

- 1 What do I want?
- 2 If nobody else's opinion matters, what would I choose?
- 3 What decision is most in line with my purpose, values, beliefs or passions?
- 4 What does my intuition tell me is the right answer?
- 5 What would I do if I was putting myself first?