

# THE DECISION CLARITY CHECK-IN

Free Resource · September 2026

10 QUESTIONS TO SEPARATE FEAR, PRESSURE, GUILT, URGENCY,  
WISDOM, MEANING, & TRUTH BEFORE YOU DECIDE

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## OPENING LETTER

Hello,

Some decisions are hard because we do not have enough information.

Others are hard because too many voices are speaking at once.

Fear says one thing. Pressure says another. Guilt adds its opinion. Urgency insists there is no time. Wisdom speaks more quietly. Meaning asks a deeper question. Truth keeps returning.

And in the middle of all of that, you are trying to choose.

This check-in was created for that moment — the moment when you feel pulled, pressured, rushed, responsible, uncertain, or afraid of choosing wrong.

The moment when everything feels loud, but not necessarily clear.

The moment when you need to slow down long enough to ask:

*WHAT IS ACTUALLY DRIVING THIS DECISION?*

This resource will not tell you what to do.

It will help you separate the voices.

Because clarity does not always mean perfect certainty. Sometimes clarity begins when you understand what is influencing the choice.

Take your time. Choose one decision, yes, no, boundary, commitment, or next step to work through.

Let the honest answer come before the polished one.

With clarity,

*Christine*

## WHAT CHOOSING WITH CLARITY MEANS

Choosing with clarity does not mean you know everything.

It does not mean every decision feels easy. It does not mean fear disappears. It does not mean everyone agrees. It does not mean the path is fully visible before you move.

Choosing with clarity means you are willing to pause long enough to notice what is driving the decision.

Fear. Pressure. Guilt. Urgency. Wisdom. Meaning. Truth.

When these voices are tangled together, we often move from whichever voice is loudest.

But the loudest voice is not always the truest one.

Choosing with clarity means learning how to separate the voices before you choose.

**Pull Quote:**

“What is loud is not always what matters.”

## HOW TO USE THIS CHECK-IN

This guide is meant to be simple.

Choose one decision or situation. It may be a yes you are considering, a no you are avoiding, a boundary you need to set, a commitment you are questioning, a next step you keep delaying, a responsibility you are unsure is yours, or a decision that keeps coming back for your attention.

Move through the questions slowly.

Do not rush to the final answer.

The goal is not to force clarity.

The goal is to listen for it.

You may discover that the decision itself is not the issue.

The real issue may be fear, pressure, guilt, urgency, responsibility, or a lack of connection to what is truly meaningful.

## SECTION 1

### WHAT DECISION IS ASKING FOR CLARITY?

Before you can separate the voices, name the decision.

Sometimes we stay overwhelmed because the decision is vague. We say, "I do not know what to do," when what we may need is to name the specific choice in front of us.

#### **The Practice**

When: anytime a decision feels unclear

How long: five minutes

What to do: name the decision clearly

#### **Try It Now**

1. WHAT DECISION, YES, NO, BOUNDARY, OR NEXT STEP IS ASKING FOR CLARITY?

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2. WHAT MAKES THIS DECISION FEEL COMPLICATED?

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3. WHAT HAVE I BEEN CIRCLING, AVOIDING, OR REPLAYING?

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#### **Pull Quote:**

"You cannot choose clearly around a decision you have not named."

## SECTION 2

### WHAT IS FEAR SAYING?

Fear often speaks loudly.

It may sound like caution, protection, risk awareness, concern, or a need for certainty.

Fear is not bad. Fear can carry information.

But fear is not always wisdom.

### The Practice

When: when the decision feels emotionally charged

How long: five to ten minutes

What to do: let fear speak, without giving it final authority

### Try It Now

#### 4. WHAT IS FEAR SAYING?

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#### 5. WHAT IS FEAR TRYING TO PROTECT?

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#### 6. Is fear giving me useful information, or is fear trying to make the decision for me?

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### Pull Quote:

"Fear may carry information. It does not need final authority."

## SECTION 3

### WHAT IS PRESSURE SAYING?

Pressure often creates urgency.

It says: decide now, respond now, fix this now, do not disappoint, do not fall behind, do not lose the opportunity, do not make anyone wait.

Some pressure is real.

But pressure is not the same as clarity.

### The Practice

When: when something feels rushed

How long: five to ten minutes

What to do: notice what pressure is demanding

### Try It Now

7. WHAT IS PRESSURE SAYING?

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8. Where do I feel rushed?

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9. WHAT WOULD BECOME CLEARER IF I SLOWED DOWN?

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### Pull Quote:

“Pressure creates movement. Meaning creates direction.”

## SECTION 4

### WHAT IS GUILT SAYING?

Guilt often sounds like responsibility.

Sometimes guilt points to something important.

But sometimes guilt becomes the voice that says: you cannot disappoint them, you should say yes, you should carry this, you should make it easier for everyone else, you should not need so much.

Guilt is not always truth.

### The Practice

When: when you feel responsible for someone else's reaction, comfort, or approval

How long: ten minutes

What to do: separate guilt from true responsibility

### Try It Now

10. WHAT IS GUILT SAYING?

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11. WHAT AM I AFRAID SOMEONE WILL FEEL, THINK, OR SAY IF I CHOOSE HONESTLY?

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12. WHAT IS ACTUALLY MINE TO CARRY HERE?

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### Pull Quote:

"Guilt is not a calling."

## SECTION 5

### WHAT FEELS URGENT?

Urgency is not always meaningful.

Sometimes urgency points to something real. Other times, urgency simply means something is loud, immediate, or emotionally charged.

### The Practice

When: when you feel pulled to respond quickly

How long: five to ten minutes

What to do: separate urgency from importance

### Try It Now

13. WHAT FEELS URGENT?

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14. Is this truly time-sensitive, or does it only feel urgent because someone else is anxious, disappointed, or demanding?

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15. WHAT WOULD HAPPEN IF I PAUSED BEFORE RESPONDING?

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### Pull Quote:

“Urgency is not always meaningful.”

## SECTION 6

### WHAT FEELS MEANINGFUL?

Meaning is often quieter than urgency.

It may not demand your attention. It may not arrive as a crisis. But it matters.

Meaning asks: What is aligned? What is true? What matters most? What deserves my best energy?

### The Practice

When: after naming urgency

How long: ten minutes

What to do: identify what is meaningful beneath the noise

### Try It Now

16. WHAT FEELS MEANINGFUL HERE?

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17. WHAT ACTUALLY MATTERS MOST IN THIS DECISION?

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18. WHAT DESERVES MY BEST ENERGY, NOT JUST MY FASTEST RESPONSE?

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### Pull Quote:

“What is loud is not always what matters.”

## SECTION 7

### WHAT IS WISDOM SAYING?

Wisdom is often steady.

It may not be loud. It may not rush. It may not remove all fear. But it usually carries a different quality than panic, pressure, or guilt.

### The Practice

When: after listening to fear, pressure, guilt, urgency, and meaning

How long: ten minutes

What to do: listen for the steadier voice

### Try It Now

19. WHAT IS WISDOM SAYING?

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20. WHAT FEELS STEADY, EVEN IF IT IS NOT EASY?

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21. WHAT TRUTH KEEPS RETURNING?

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### Pull Quote:

"Fear may be loud. Wisdom is often steady."

## SECTION 8

AM I WAITING WISELY OR AVOIDING?

Sometimes waiting is wisdom.

Sometimes waiting is fear buying time.

Wise waiting creates clarity. Avoidance keeps the same question alive.

### The Practice

When: when you have been delaying a decision

How long: ten minutes

What to do: identify whether the pause is creating clarity or keeping you stuck

### Try It Now

22. Am I waiting wisely, or avoiding?

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23. Is this pause giving me new information, or am I circling the same question?

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24. WHAT WOULD TELL ME IT IS TIME TO MOVE?

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### Pull Quote:

“Wise waiting creates clarity. Avoidance keeps the loop alive.”

## SECTION 9

### WHAT IS THE NEXT HONEST STEP?

You do not need the whole path.

You need the next honest step.

Sometimes that step is action. Sometimes it is a conversation. Sometimes it is a boundary. Sometimes it is asking for support. Sometimes it is waiting with intention. Sometimes it is finally choosing what you have known for a while.

### The Practice

When: after completing the check-in

How long: five minutes

What to do: choose one honest next step

### Try It Now

25. WHAT IS THE NEXT HONEST STEP?

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26. WHAT MAKES THIS STEP ALIGNED?

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27. WHAT SUPPORT, STRUCTURE, OR REMINDER WILL HELP ME TAKE IT?

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### Pull Quote:

“You do not need the whole path. You need the next honest step.”

## CLOSING REFLECTION

You do not need perfect certainty to choose clearly.

You need to know what is driving the decision.

You need to know when fear is speaking, when pressure is rushing, when guilt is pulling, when urgency is demanding, when meaning is waiting, when wisdom is steady, and when truth keeps returning.

The goal is not to silence every voice.

The goal is to know which voice deserves to lead.

WHAT DO I WANT TO REMEMBER FROM THIS CHECK-IN?

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ONE SENTENCE I WANT TO CARRY WITH ME THIS WEEK:

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## WAYS TO GO DEEPER

This check-in is a starting point. If you are ready for more, here is how to continue.

### THE ALIGNMENT LETTER

A twice-monthly newsletter with practical reflections and monthly resources on alignment, clarity, self-leadership, performance, and intentional growth.

Subscribe at [christineadaniels.com](http://christineadaniels.com) to stay close to this work between months.

### THE COLLECTIVE

A community for women ready to stop living on autopilot and start building with greater intention.

Inside The Collective, we go deeper into the monthly theme through guided reflection, coaching resources, practical exercises, and meaningful conversation.

This is where women practice the work together — with structure, support, and accountability.

### COACHING WITH CHRISTINE

When you are ready for deeper work, there are several pathways available, including private coaching, high-performance coaching, group coaching, and customized leadership development.

Not sure where to start?

Book a 30-minute strategy call at [christineadaniels.com](http://christineadaniels.com) and we will talk through what you are navigating and what path fits best.

You do not need perfect certainty.

You need clarity about what is driving the decision.

With clarity,

*Christine Daniels*

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