



A Gentle Decision Guide

A no-pressure framework for decisions when your heart and your head are both tired.

Start here

- 1 Name the decision in one sentence.
- 2 List what matters most: safety, health, values, finances, relationships, or peace.
- 3 Write the smallest reversible next step for each option.
- 4 Ask: Which choice is most aligned with what I know today - not with fear, guilt, or urgency?

Keep close

- I can make a good-enough decision with the information I have.
- Not deciding today can be a decision too.
- I can seek advice without giving away my voice.

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