

WORKSHEET 2

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# The Layers Beneath Your Decision

*Uncover what this choice really carries*

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## PURPOSE

Every major housing decision carries invisible layers — identity, memory, fear, attachment, and meaning. Most people make these decisions while carrying all of that weight without ever naming it. This worksheet helps you see what is actually beneath the practical question.

## LAYER 1 — THE SURFACE DECISION

Write the practical question you are facing:

*The decision in front of me is:*

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*The timeline I am working with is:*

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## LAYER 2 — IDENTITY AND MEANING

Our homes carry meaning far beyond their practical value. Answer honestly:

- My home represents proof that I worked hard and succeeded
- Leaving feels like erasing part of who I am or who I was
- My identity is connected to this neighborhood, this city, or this house
- I worry what others will think if I make this change
- Staying feels safe even when I know it is no longer right

*What does this home (or this decision) represent to me beyond the practical?*



### LAYER 3 — FEAR AND LOSS

Check the fears that are present for you:

- Fear of making the wrong decision and regretting it
- Fear of losing memories attached to this place
- Fear of the unknown — what comes next feels uncertain
- Fear of losing independence or control
- Fear of what this change means about my age or life stage
- Fear of disappointing family members or loved ones
- Fear of financial instability or making a costly mistake

*The fear I am least willing to admit — even to myself — is:*

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### LAYER 4 — SEPARATING PAST FROM PRESENT

Sometimes we hold on to things because of who we were, not who we are now.

*The version of me who chose this home needed:*

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*The version of me I am becoming needs:*

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### YOUR TRUTH STATEMENT

Complete this sentence when you are ready — not before:

The decision I would make if I trusted myself completely is:

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What has been holding me back from that decision is:

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Book 1: Situation is available on Amazon. Books 2–5 coming soon.