**~ Decision Precision ~ Worksheet 1 - August 2020**

*Hey beauty!*

 *Fill in your thought starter worksheet ideally BEFORE you watch the tutorial.*

 *No need to edit or self-judge – whatever is top of mind is perfect.*

When is my mental energy the strongest?

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By what time of day do you run out of will power? What make it worse? What makes it better?

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How many decisions do you think you make in the average day?

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In what areas of life do I feel I have a lot of unmade decisions? Where do I defer decisions, and continually put them off?

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In what areas of life do I feel really on top of my decision making? Where do I take decision as they come up without too much avoidance, worry or drama?

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Give an example of a brilliant decision you made in the last year:

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Why was this so good?

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Give an example of a really baddddd decision you made in the last year.

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Why was this so bad?

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**What are 10 SMALL decisions you need to make right now? (eg. What to eat for dinner / when to go to the supermarket / to go to yoga or not / what new frying pan to buy)**

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**What are 5 BIG decisions you need to make right now? (eg. What school to select for your kid. Which kitchen supplier to select. To remortgage or not.)**

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What’s a big decision you have been putting off?

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Why?

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How long?

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**Other big decisions I’ve been wrestling with for sometime:**

Get them OUT of your HEAD and park them here for now.

Note to The Universe I’d like a sign or a solution please!

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*Well done Sweetpea - really good work! So much food for thought there, huh? Ok – take yourself straight over to the tutorial and dive into the tools for this month.*

*We’ve got some learning to do!*

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