

#22 — THE “IF I CHOOSE THIS...” FORECAST MAP

Five questions to reveal the future attached to each choice — before you make it.

Every choice opens one path and closes another.

You're never choosing what is presenting —
you're choosing the *future* that follows.

This tool lays the map out in front of you
so you can stop being surprised by outcomes
and start deliberately choosing the ones you want.

1. If I choose this, what is the immediate effect?

Every choice has an instant consequence:
relief, discomfort, clarity, chaos, energy, regret, expansion.

Name it.

The first step of the path is already revealing itself.

Your thoughts: _____

2. If I choose this, what will it do to my life 1 week from now?

Short-term effects predict trajectory.

You'll see instantly whether you're moving toward peace or toward cleanup.

Your thoughts: _____

3. If I choose this, what will it do to my life 3 months from now?

Patterns repeat themselves on quarterly cycles.

This reveals whether you're building something...
or delaying the same consequences.

Your thoughts: _____

4. If I choose this, what will it do to my life 1 year from now?

This exposes the truth most people avoid:

small choices compound —
for better or for worse.

Your thoughts: _____

5. If I *don't* choose this, what future becomes available instead?

Every “no” is also a “yes” to something else —
peace, space, alignment, opportunity, self-respect.

Your thoughts: _____

FINAL REMINDER:

Your future isn't a mystery.

It's a map.

Each choice is a directional arrow —
and you get to choose which way your life goes.