

#1 — THE YES/NO CLARITY CHECK

A quick filter for choices that shape your future.

Before you say yes — or no — pause long enough to check the real cost, the real benefit, and the real direction this decision creates.

This isn't emotional guessing.

This is alignment.

Here are **five clarity checks** to make sure your decision honors who you are *and* who you're becoming.

1. What outcome am I actually creating with this choice?

Not the one I'm hoping for.

Not the one someone else wants.

The actual, cause-and-effect outcome this yes or no will set in motion.

Your thoughts: _____

2. Does this choice move me toward peace or away from it?

Peace feels like relief, spaciousness, a quiet knowing.

Stress feels like tightening, pressure, or emotional noise.

Your body knows the truth before your brain negotiates with it.

Your thoughts: _____

3. Am I making this choice from alignment or from fear?

Alignment feels grounded and steady.

Fear feels rushed, pressured, or reactive.

Only one of these leads to a future you won't have to fix.

Your thoughts: _____

4. If I say yes/no, will I feel proud of this decision later?

Pride feels clean, like a deep breath.

Regret feels heavy, like I betrayed myself a little.

Which direction does this decision lean?

Your thoughts: _____

5. If someone I love were in my exact situation, what would I hope they choose?

Clarity becomes obvious when we remove our own pressure and step outside the emotional fog.

Your thoughts: _____

FINAL CHECK:

If your answers feel light, calm, or relieving → you're aligned.

If they feel heavy, anxious, or complicated → pause.

A quick decision made from habit will never beat a clear decision made from intention.