

Better Self Breakthrough | Coach Charmaine Ashby

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DECIDE: A Guide for Career Clarity When You're at a Crossroads

You don't have to force certainty. You just have to make room for clarity.

Why You're Here

You're facing a decision that could change the direction of your career—and your life. Maybe you're torn between two fields. Maybe you're wondering what choice honors both your values and your potential. This guide isn't about telling you what to do—it's about helping you make the decision that's already rising inside you.

What May Be Holding You Back

1. You may fear making the wrong choice and wasting time or money.
2. You may be over-researching instead of listening to your own insight.
3. You may think that choosing one path means abandoning everything else you care about.

The DECIDE Framework

D Define What Matters: What core values and goals must any career path support?

E Explore Without Pressure: What happens when you explore options like experiments—not commitments?

C Clarify the Cost: What are you giving up if you don't make a move?

I Identify What Excites You: What direction feels expansive—not just impressive?

D Ditch Perfection: What decision would you make if it didn't have to be perfect?

E Engage the First Step: What low-risk action can you take to learn more right now?

Coaching Reflections for Crossroads

- What are you really afraid of: the wrong decision, or no decision?
- Which path challenges you in a way you're secretly craving?
- Who do you need to become to choose boldly?
- What would change if you believed there was more than one right answer?

You're Not Indecisive. You're Intentional.

I help people choose their next step with purpose, not panic. You don't need to have all the answers—you just need space to discover the right ones.

Let's talk about how to:

- Make a confident decision without overthinking

- Take the pressure off and experiment with clarity
- Use your values as a compass, not a constraint

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Call or text 215-380-4870 or visit www.charmaineashby.com to schedule your confidential session.