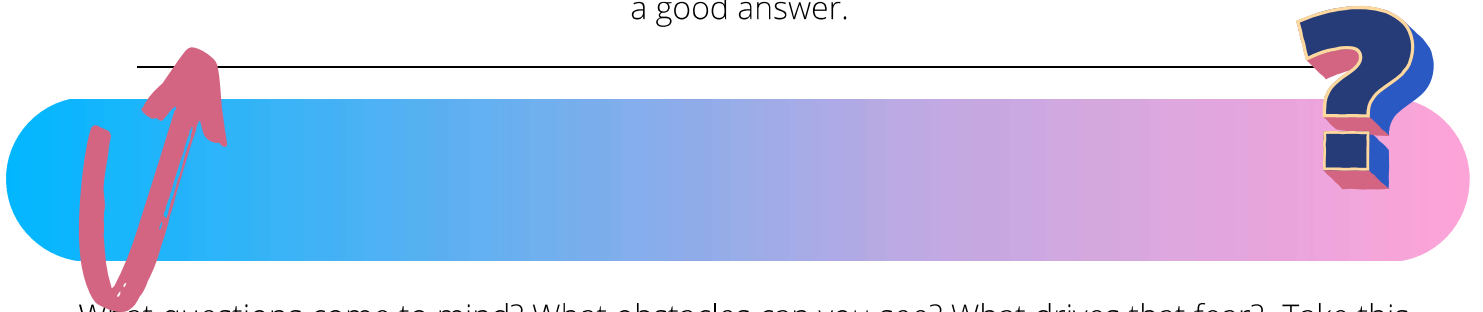


the absolute, most paralyzing lie is *doubt*

There are so many wonderful books, articles, and studies on decision-making paralysis and how to make better choices, quickly. While you should take time to further research this topic if it's your crutch, for now, let's discuss the tools you need to work on how doubt and decision-making starts, and how to get the outcome you're really wanting!

Think of a topic that can send your mind into a spiral of decisions and make you doubt you have a good answer.



What questions come to mind? What obstacles can you see? What drives that fear? Take this space to write it out.

Here are some tools that you can use to now "take out" every single thing that's paralyzing you:

- breathing exercises, meditation, prayer**
- read or research it**
- set limitations and deadlines**
- write. it. down.**
- know your plan b**
- reward yourself for making the choice**
- journal your hits and misses**
- remind yourself of a recent accomplishment**

pursuit is not perfection