

Decision Making- ENHANCE YOUR COPING SKILLS

DECISIONS

D.I.Y.SELF-CARE WORKSHEET

Invest 45min - 60 min on yourself

YOU ARE ABOUT TO DO A LITTLE BIT OF BRAIN REWIRING! USING THE 3 STEP THOUGHT PROCESS FOUNDED BY ROBERT GENE SMITH. THIS WORKSHEET IS DESIGNED BY DIYMENTALBOOST USING THE 3 STEP THOUGHT PROCESS

STEP 1
FOCUS

STEP
DISTRACT

STEP 3
GO HAPPY

SCAN QR CODE
TO UNDERSTAND THE 3 STEPS



WHAT IS BRAIN REWIRING?

It is a basic skill of life like writing and reading. ANYONE who wants to know; how to guide the brain to release unwanted LINGERING emotions.

As a result instead of circumstances dictating your moods in life an individual can effectively and productively navigate through LIFE SITUATIONS. Anxiety triggers cease to exist while self-worth and productivity skyrocket. THE MYTH that its "hard" to self-regulate emotions is debunked!



\$5 DONATIONS WELCOMED

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DECISIONS

D.I.Y.SELF-CARE WORKSHEET

Invest 45min - 60 min on yourself

HOW GOOD DO YOU FEEL THE DECISION YOU HAVE TO MAKE?

		CONFLICTED	
Not Great	NOT SURE		Pretty Good

WHAT DECISION DO YOU HAVE TO MAKE?

Step 1

WHAT IS YOUR BRAIN SAYING ABOUT YOUR CHOICE? THE CONS!

☐

☐

☐

☐

☐

☐

WHAT WAS THE 1ST MAJOR DECISION
experience THAT WAS DIFFICULT?

How did you feel? What factors or who was involved, why was it so difficult to make a decision? What was the result?

just breathe

STEP 2 DISTRACTION

WRITE DOWN 10 VERBS OR ADJECTIVES...using your opposite writing hand



STEP 3

NOW IMAGINE SOMETHING VERY
HAPPY YOU HAVE EXPERIENCED



IF YOUR BRAIN HAS 2
CONFLICTING
MESSAGES!! YOU CAN
HELP SILENCE ANY
UNHEALTHY
EMOTIONS THAT MAY
BE ATTACHED

FOOD FOR
THOUGHT

STEP 1 - GO BACK TO PAGE 1 / Think BRIEFLY about all "the reasons THIS DECISION is HARD OR WHY YOU FIND DECISION MAKING HARD.

ANSWER TO BEST ABILITY! IF NO ANSWER COMES TO MIND, GREAT....KEEP GOING!

*just
breathe*

STEP 2 DISTRACTION

JUST A GAME, YOU WIN IF YOU EFFECTIVELY DISTRACT YOUR MIND
NOT IF YOU GET ALL THE ANSWERS

USING OPPOSITE WRITING HAND WRITE DOWN "7" BODY PART NAMES

STEP 3

NOW IMAGINE SOMETHING VERY
HAPPY YOU HAVE EXPERIENCED



WHAT ARE YOUR
SENSATIONS AFTER
IMAGINING
SOMETHING HAPPY, CALM,
PEACEFUL, FUN OR JOYFUL?



or watch a short
visualization video

Food For Thought

DECISIONS MAKING BUILDS:

- *REASONING ABILITIES!
- *BUILDS CREATIVITY
- *TIME MANAGEMENT SKILLS
- *PROBLEM SOLVING SKILLS
- *LEADERSHIP SKILLS

STEP 1 - Look at your **HARD DECISIONS IN THE PAST**, How intense do they feel? Are they too powerful? ANY sensation in your body? Do you hear anyone saying something?



ANSWER TO BEST ABILITY! IF NO ANSWER COMES TO MIND, GREAT....KEEP GOING!

STEP 2 DISTRACTION

SPELL BACKWARDS IN YOUR MIND 7 LAST NAMES

STEP 3

NOW IMAGINE SOMETHING VERY HAPPY YOU HAVE EXPERIENCED

WHAT ARE YOUR THOUGHTS AFTER FEELING SOMETHING HAPPY, CALM, PEACEFUL, FUN OR JOYFUL?



**CHECK IN ON
HOW YOU FEEL ABOUT
"MAKING DECISION"**



10-9



8-5



4-2



1

STEP 1 - WHO OR WHAT TELLS YOU MAKING BIG DECISIONS ARE STRESSFUL?
WHAT IS THE WORST "BAD DECISION" A PERSON CAN MAKE?

STEP 2 DISTRACTION



Trees Word Search



Alder
Apple
Ash
Aspen
Birch
Buckthorn
Cedar
Cherry
Chestnut
Chinkapin

Cottonwood
Cypress
Dogwood
Elm
Fir
Hawthorn
Hazel
Larch
Maple
Oak

Pine
Poplar
Redwood
Sequoia
Spruce
Sweetgum
Sycamore
Walnut
Willow
Yew



NOW IMAGINE SOMETHING
VERY HAPPY YOU HAVE
EXPERIENCED (FEEL IT) or
watch visual video

STEP 3

STEP 1 - WHAT IS YOUR WORSE FEAR ABOUT THIS DECISION? IS THERE ANY ADVANTAGES TO NOT MAKING THIS DECISION THAT'S HOLDING YOU BACK? (ANY FEAR OF WHAT OTHERS THINK OR FAILURE CONCERNS?)

*just
breathe*

STEP 2 DISTRACTION

SCATTEGORIES

1. THINGS THAT ARE GREEN
2. ANIMAL IN THE WATER
3. SOMETHING YOU DRINK
4. CITY
5. A FREE ACTIVITY
6. SOMEPLACE YOU SPEND OVER \$1,000 for
7. CARTOON CHARACTER
8. BRAND NAME
9. COMEDY MOVIE OR COMEDIAN
10. CHILDREN'S BOOK
11. SOMETHING THAT IS LIQUID FORM
12. COLOR

SELECT A LETTER AND WRITE
DOWN AN ANSWER THAT
STARTS WITH THAT LETTER

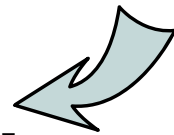
A B C D E F G H I J
L M N O P Q R S T U
V W X Y Z

1. _____ 7. _____
2. _____ 8. _____
3. _____ 9. _____
4. _____ 10. _____
5. _____ 11. _____
6. _____ 12. _____

STEP 3



NOW THINK OR IMAGINE
SOMETHING VERY
HAPPY YOU HAVE
EXPERIENCED (FEEL IT)
or watch a video



STEP 1 - HOW BIG ARE WRONG DECISIONS LOOKING!! HOW HARMFUL CAN THEY BE YOU THINK? NAME THE BIGGEST WRONG DECISIONS YOU EVER MADE?

THIS IS ABOUT DISTRACTION OF THE MIND, IF ITS NOT EASY GREAT!
YOU WIN AND GET 100!! MERELY IF YOUR MIND IS DISTRACTED

*just
breathe*

STEP 2 DISTRACTION

MATH

DO THE MATH!!!

1. $125 \times 3 =$
2. $22+22+44+66=$
3. $10-2+6+12 =$
4. $66-34+47=$
5. $49-27-14=$
6. $98+47=$
7. $33+66+99=$
8. $77 \times 6-34=$
9. $645-325=$

1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

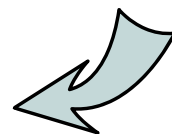
7. _____ 8. _____

9. _____

NOW FEEL OR
IMAGINE SOMETHING
VERY PEACEFUL YOU
HAVE EXPERIENCED



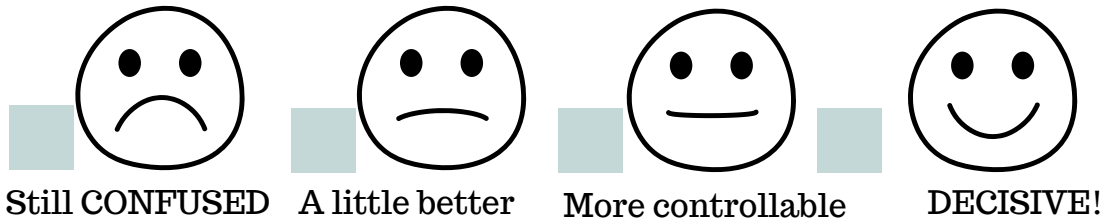
STEP 3



DECISION MAKING

RE-EVALUATE

How STRONGLY does the "thought" of MAKING A DECISION make you feel now?



TEST
YOUR
SELF

*just
breathe*

HOW DO THESE SOUND? TRUTH,
SOME TRUTH OR NO TRUTH?

☐ I DONT LIKE MAKING DECISIONS

☐ DECISION MAKING IS OKAY.

☐ I CAN'T MAKE A DECISION

☐ MAKING CHOICES ARE OKAY

☐ I LIKE CHOICES, CURIOUS TO
SEE WHAT HAPPENS

WHEN THE LOW VIBE EMOTION CANNOT BE FELT...
FLIP THE MEMORY ON ANY "HARD" OR "DIFFICULT"
DECISIONS YOU HAVE MADE IN LIFE

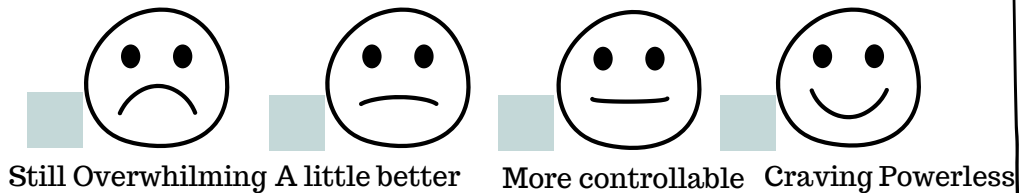
WATCH FLIP THE MEMORY VIDEO AT DIYMENTALBOOST "HOW TO REWRITE
MEMORY"



CRAVINGS

RE-EVALUATE

How **STRONGLY** does the "thought" of **CHOICES/DECISIONS** make you feel now?



VISUALIZE PRACITCE: IMAGINE YOURSELF AND LOVING YOURSELF JUST AS YOU ARE. THE MORE LOVE THE SAFER THE BODY WILL FEEL AND EASILY ENHANCE ITSELF!!!

DECISION MAKING

EVALUATE PDF

DO YOU FEEL THIS GUIDE HELPED?



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NOTEBOOKS
EDUCATE YOURSELF ABOUT YOUR MIND

