

Before You Decide

A Gentle Grounded Check-This short guide is an invitation to pause before making decisions – especially when you feel pressured, overwhelmed, or emotionally charged.

It is not about perfection or getting it ‘right.’ It’s about coming back into your body so your choices can come from clarity instead of urgency.

When to Use This

- Before responding to a text or email
- Before saying yes out of obligation
- Before making a decision, you might later question.
- When you feel rushed, tense, or disconnected.

The Before You Decide Practice (2–5 Minutes)

1. Pause Your Body.

Sit comfortably or stand with both feet on the ground. Place one hand on your chest or abdomen.

Take three slow breaths, hold for 3 seconds, and allow the exhale to be slightly longer than the inhale.

2. Notice Without Fixing.

Ask yourself quietly:

- What sensations do I notice right now?
- Where do I feel tight, heavy, or guarded?
- Where do I feel open, calm, or neutral?

There is nothing to change. Awareness is the practice.

3. Ask the Grounded Question.

Instead of asking “What should I do?” ask:

“What choice feels more regulated in my body?”

You are listening for signals like ease, softening, steadiness, or a sense of calm – not excitement or fear.

4. Choose the Next Small Step.

You don't need the full answer.

Choose the next small step that feels least activating.

Sometimes the most grounded choice is to pause, wait, or ask for more information.

Why This Works?

Your nervous system processes safety before your mind processes logic.

When your body feels regulated, your decisions tend to be clearer, kinder, and easier to sustain.

This practice helps you move out of urgency and into embodied clarity.

A Gentle Reminder:

- You don't need to rush your life into alignment.
- You are allowed to slow down.
- You are allowed to choose yourself.

And you are allowed to make a decision from a place of steadiness.

