

THE DECISION TREE

1

RULE OF 3

Limit yourself
to **three**
options MAX

2

TIME CAP

Set a ten
minute timer
to **decide**

3

"GOOD ENOUGH" RULE

If confidence
is higher than
60%, **choose** it

4

SOLIDIFY

Don't revisit
for 48 hours



EXPECT SOME DISCOMFORT

Feeling unsure or anxious doesn't
mean it's the wrong choice, it
means **I'm doing something new**

MEASURE SUCCESS DIFFERENTLY



Success is when you are **making a
decision confidently and precisely**, not
whether it "worked" or felt perfect

FOLLOW UP

Ask yourself:



What actually happened?



What did you predict?



How did you survive?

REFLECTION

What did I do that aligned with my
values?

What did I tolerate that I usually avoid?

What would 5% braver look like next
time?