



Decision-Making Guide

Making calm, confident financial choices.

Before You Begin

When confidence has been shaken, decisions can feel:

- heavy
- urgent
- risky

This guide is not about making perfect decisions.

It's about making **calm, thoughtful ones.**

Take a breath before you begin.

You don't need a perfect decision-- just a calm one.



Part 4: Pause the Pressure

Gently ask yourself:

Am I feeling:

- Rushed
- Afraid of making the wrong choice
- Pressured
- Overwhelmed
- Other: _____

If yes, pause.

You are allowed to slow down.



Part 7: A Grounding Question

Before moving forward, ask:

Does this step feel calm and considered-- or reactive and pressured?

- Calm and considered
- Reactive and pressured

One action I will follow through on:
