



= DECISION CLARITY SHEET =

Pause the pressure. Listen for what is true.

DATE _____

TIME _____

1. WHAT DECISION AM I TRYING TO MAKE?

2. WHAT ARE MY OPTIONS?

3. WHAT FEELS RIGHT?

4. WHAT FEELS PRESSURED?

5. WHAT DO I KNOW FOR SURE?

6. WHAT WOULD PROTECT MY PEACE MOST?

7. MY NEXT STEP



Clarity grows when pressure gets quieter.



LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.