



## Worksheet: Reclaiming Your Decision-Making Power

**Purpose:** To help you notice where you've been outsourcing decisions — and gently bring trust back to yourself.

### 1. Notice the Pattern

Think of **one recent decision** that felt overwhelming.

- What was the decision? \_\_\_\_\_  
\_\_\_\_\_
- Who or what did I look to for answers?  
 Friends  Family  Social media  Internet  Avoidance  Other:  
\_\_\_\_\_

### 2. Check In With Yourself

Pause and answer honestly.

- If I had trusted myself first, what would I have chosen? \_\_\_\_\_  
\_\_\_\_\_
- What feeling comes up when I imagine choosing that? \_\_\_\_\_  
\_\_\_\_\_

### 3. Reclaim the Choice

Finish this sentence:

- *“Right now, I choose to trust myself about \_\_\_\_\_.”*

### 4. Practice Moving Forward

- One small decision I can practice trusting myself with this week:  
\_\_\_\_\_  
\_\_\_\_\_