

Weekly Takeaway Sheet

Indecision Is Draining You More Than the “Wrong” Choice Ever Could

1. Overthinking Creates More Exhaustion Than Action

- Mental loops drain more energy than movement
- Action quiets anxiety faster than analysis
- Doing restores confidence

2. Waiting for Certainty Keeps You Stuck

- Certainty rarely comes before you move
- Courage grows through small steps
- You can handle imperfect outcomes

3. There Is Rarely One “Perfect” Choice — Just Aligned Ones

- Alignment matters more than perfection
- Calm clarity beats outside approval
- Choosing what fits you builds self-trust

4. Momentum Builds Confidence Faster Than Hesitation

- Small decisions create forward motion
- Movement strengthens belief in yourself
- Confidence grows when you choose instead of stall