

Coaching Exercise: Building Decisiveness

Step 1 – Identify Your Pattern

Which of these shows up most for you when you need to make a decision?

- Trying to be perfect
- Fear of making the wrong decision
- Overthinking
- Worrying about others' reactions

Step 2 – Reflection Prompts

1. Trying to Be Perfect

- What would “perfect” look like in this decision?

- How would it feel to choose “good enough” instead?

- What’s the cost of waiting for perfection?

- Example from my past when I moved forward without perfect conditions:



2. Fear of Making Wrong Decisions

- What's the worst that could realistically happen?

- What's the best outcome I could create?

- How reversible is this choice?

- In 5 years, which decision would I regret not making?

3. Overthinking

- What's the core question I need to answer here?

- If I had only 24 hours, what would I decide?

- Which facts do I know vs. what am I assuming?

- Which option feels lighter in my body right now?



4. Worrying About Others' Reactions

- Whose opinion matters most in this decision—and why?

- What values do I want to honor in this choice?

- How much of others' reactions can I actually control?

- If no one judged me, what would I choose?

Step 3 – Action Insight

- One small, safe step I can take toward this decision today is:

- If I do nothing, the likely outcome will be:

- My commitment for the next 48 hours:

Step 4 – Anchor the Learning

- What did I notice about my decision-making habits?

- What new perspective do I want to carry forward?

