

# THE BIG DECISION CHEATSHEET

Use this when you're stuck and your brain keeps looping.

Best rule: Choose the smallest safe step that gives you new information within 7 days.

1) The Decision Sentence (write this first)  
I am deciding between Option A and Option B by DATE.

Example: I am deciding between going back to work full-time and staying part-time by 31 Jan.

2) Decision Type (so you stop overthinking)  
Type 1: Reversible → can undo in 30–90 days with limited damage.

Type 2: Hard to reverse → undoing costs money, housing, health or relationships.

If Type 1: move fast + test.

If Type 2: move carefully + add safeguards.

### 3) Your 3 Non-Negotiables (maximum 3)

Circle three. Keep it strict.

- My sleep cannot collapse.
- My mental health must improve, not dip.
- My kids' daily life must stay steady.
- My finances must stay stable.
- My relationship must not become daily resentment.
- My body must not break.
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

### 4) Reduce to TWO Options (yes, only two)

Option A: \_\_\_\_\_

Option B: \_\_\_\_\_

Park the rest in a "Later" list.

### 5) Evidence First (stop guessing)

For each option, answer:

What I know for sure:

\_\_\_\_\_

What I'm assuming: \_\_\_\_\_

What I need to see to feel calm:

\_\_\_\_\_

## 6) The 7-Day Clarity Test (for when you can't decide)

Pick ONE low-risk test you can do this week.

Choose one:

- Ask HR about a trial period / flexible hours
- Do a childcare dry run for 2 mornings
- Shadow someone for a day
- Speak to 2 people who've done it
- Try the budget for one month "as if" you chose it
- Spend one normal weekend living the new routine
- Other: \_\_\_\_\_

My 7-day test: \_\_\_\_\_

Date I will do it: \_\_\_\_\_

## 7) The If-Then Plan (so it actually happens)

If it is DAY/TIME, then I will ACTION for 15 minutes.

Example: If it's Tuesday at 9am, then I'll send the email to request flexible hours.

Write yours:

If \_\_\_\_\_, then I will

\_\_\_\_\_.

8) The Random Wednesday Test (busy mum proof)

Answer honestly:

What does this look like on a random Wednesday (school run, dinner, tired)?

What gets easier? \_\_\_\_\_

What gets harder? \_\_\_\_\_

9) The Guilt Filter (love vs pressure)

- Is this guilt coming from love, or control?
- Who benefits if I choose the hardest version of this?
- If I say no, what story will people tell about me—and can I live with it?

10) Regret Proofing (without needing certainty)

What discomfort am I willing to pay for this decision?

What discomfort am I NOT willing to pay?

My exit plan if it goes wrong (simple + calm):

11) Make the Call (and lock it in)

My decision:  Option A  Option B

Decision date: \_\_\_\_\_

My first action in 24 hours:

\_\_\_\_\_

My checkpoint in 14 days:

\_\_\_\_\_

My review in 60 days:

\_\_\_\_\_

12) The One-Line Reminder (put this at the bottom)

I don't need certainty. I need the next step.