

CLARITY — AFTER EFFECTS OF DECISION MAKING

EQUANIMITY.COACH

DECISION CLARITY METHODOLOGY

A simple, repeatable coaching framework that turns confusion into power in under 15 minutes.

Core Principle: Clarity is not something you wait for. Clarity is something you create by deciding.

Every time you refuse to decide, you leak energy, time, and self-trust. Every time you decide—even imperfectly—you get immediate clarity on who you are, what you stand for, and what actually matters.

This methodology has only 4 questions. You ask them in order, every single time you feel stuck, foggy, overwhelmed, or “I don’t know.”

The 4 Decision-Clarity Questions (run them in this exact sequence)

1. What is the REAL decision I’m avoiding right now? (Name it in one brutal, honest sentence. No fluff.)
2. If I had to decide in the next 10 seconds and I was not allowed to choose “safe” or “maybe later,” what would I decide?
3. What am I afraid will happen if I make that decision?
4. Is that fear bigger than the cost of staying confused and stuck? Yes / No

When the answer to #4 becomes “No,” you will decide in under 60 seconds. That single decision instantly creates clarity on the next 3–10 moves.

That’s the entire methodology. You can run it on relationships, business, money, health, anything.

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DECISION CLARITY WORKSHEET

(Keep this as a one-page PDF or note on your phone. Use it daily.)

Today's Date: _____ Current Confusion / Stuck Point:

1. What is the REAL decision I'm avoiding? (One sentence, no bullshit)

2. 10-Second Forced Decision (Set a timer. You are NOT allowed "maybe" or "later." Write the first thing that comes.) My decision:

3. What am I afraid will happen if I make this decision? (List every worst-case scenario)

- _____
- _____
- _____

4. Cost of Staying Confused & Stuck (next 30–90 days) Energy lost: _____ Money lost: _____

Self-trust lost: _____ Opportunities missed: _____

Is the fear from #3 bigger than the cost above? Circle: YES / NO

If NO → I decide RIGHT NOW and take the first action in the next 24 hours: Action step + deadline: _____

(Immediately schedule it in calendar or tell an accountability partner.)

If YES → I consciously choose to carry this fear for now, and I schedule a new date to revisit: Revisit date: _____

Proof I honored my decision today (check when done): Text sent Money moved Boundary set Application submitted Conversation had Other: _____

Clarity Level Before (1–10): _____ → Clarity Level After (1–10): _____

One-sentence takeaway: “Every time I decide, I become the kind of person who _____.”

Run this worksheet every morning for 30 days and watch confusion become your rarest emotion. Decisions don’t just solve problems. They build identity. And identity is the ultimate clarity.



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