

# Ditch Indecision & Overthinking

Healthy boundaries are the **KEY**

01

In the same way that you HATE (or love) mushrooms, you can know what you do and do not want to commit to. **Take 5 minutes to write down those things you have committed to in the past that you came to resent or regret.**

02

Just as most of us are certain about the foods we LOVE (or hate in the case of me and mushrooms) it can become that instinctual for us to have an answer when presented with a decision to make. It comes through repetition. **Revisit #1 and create a script of what you will say the next time you're asked.**

03

Most of us have a hard time saying "no", while we usually feel like we *should* say "yes".

**Now that you have your script, practice saying no!**

04

Because saying "yes" often requires an amount of our time, energy and attention, take another 5 with your journal and **write out your priorities.** Every "yes" requires a "no" somewhere else.

Priorities inform us of where our "yeses" should go!