

10 ways

... To make any decision ...

With ease



TAKE YOUR TIME

let time expand. You have all the time in the world...



If the pressure is on but you still don't know... the answer is NO.
* (or at least for now)

3. don't force the flow

Follow The Feelgood!



4. feel energized when you think about saying yes?

... The answer is **YES!**

5. If it's not a resounding

YES!

... Its a no.



6. Does your body contract when you think about it?
(Hunched shoulders, you look down or away).
Then it's a

NO GO!

7. feel drained & tired when you

think about saying Yes?

... Just say no.



8. Does your body expand when you think about it?

(your shoulders relax, you breathe deep, stand tall, your eyes light up).

Then it's a

HELL YES!

9. Do you feel like you

have to say YES (e.g. through guilt or obligation). But your heart is saying NO?

Sorry but...

its a no.

10. If it doesn't feel good ...

forget about it.