

Organize Your Thinking:

Find Clarity, Simplify Decisions, and Move Forward

DAY1

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DAY 1: Untangling the Overwhelm

When several challenges compete for my attention, how can I begin separating what is actually happening from the feeling that everything is going wrong?

- What situations are weighing on me right now?
- Which concerns are connected, and which are separate?
- What changes when I look at each situation individually?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY2

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DAY 2: Separating Facts from Feelings

How might my perspective change if I distinguished between what I know to be true and the stories I am creating around a difficult situation?

- What facts do I know about this situation?
- What assumptions or fears have I added?
- How are my emotions influencing my interpretation?

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What decision have I been avoiding because I am trying to anticipate every possible outcome instead of identifying my next step?

- What decision actually needs my attention?
- What information would help me narrow my options?
- What is one manageable step I could take?

This image shows a single page from a notebook or ledger. It features ten evenly spaced, thin black horizontal lines running across the width of the page. The background is plain white, and there are no margins, text, or other markings present.

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Move Forward

DAY4

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DAY 4: Recognizing When to Pause

How can I recognize the difference between avoiding a difficult decision and intentionally giving myself the time or space I need to make it thoughtfully?

- What decision am I feeling pressured to make?
- What might I gain by allowing myself more time?
- How will I recognize when I am ready to move forward?

[illegible]

How can I begin trusting my ability to make thoughtful decisions without needing certainty about every outcome?

- Where have I successfully navigated uncertainty before?
- What strengths can I draw on when making decisions?
- What small action would help me regain momentum?

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REFLECTION

After exploring how I organize my thoughts and approach decisions, what have I discovered about the way I respond to uncertainty, overwhelm, and the pressure to figure everything out?

- What thought patterns am I beginning to recognize?
- What can I release that no longer needs my attention?
- How will I approach my next difficult decision differently?

