

# Decision Detox

Clear the mental clutter in 5 minutes or less



You don't have to have it all figured out. Just write, reflect and breath through it.

**A 5-minute reset for  
when your thoughts  
won't stop spinning**



When your mind feels crowded, decisions get heavy. Sometimes the mental noise builds up until it's hard to think clearly.

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This quick worksheet will help you pause, sort your thoughts, and take the next right step.

**Start the conversation. Rebuild the trust.**

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Noise can be deafening, and we aren't always great at tuning it out. What noise is masking what you really need?

**01 Social Media Scroll Sessions**

**02 The Guilt of Resting**

**03 Someone Else's Opinion of My Choices**

**04 The Noise of "What ifs"**

## JOURNAL:

What's one thing I can mute today to hear myself better?

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## Is this decision urgent?

Pause before reacting, urgency often comes from anxiety, not importance.

## Will this matter a week from now?

Zoom out and give the moment perspective; most noise quiets with time.



## What would I tell a friend to do?

Step outside your head and offer yourself the same compassion you'd give them.

When things feel loud, return to these questions. You don't need every answer, just the next right step. Trust yourself to take it.

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