



## Worksheet: How To Make Decisions You Won't Regret

### Step 1: Complain.

Now, I know that's discouraged in most personal development circles but complaining is the foundation of our radical decision-making process. Our complaints gives us clues about what we is and isn't aligned with our deepest purpose and desires. So, in the column labeled 'WHAT DRAINS YOU', complain about what's not working in your life. List all the people, things, activities and places that stressing you out or draining your energy. Include all the things that you wish were different in your life. Don't hold back. This list is just for you.

WHAT DRAINS YOU

WHAT FILLS YOU UP



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## Step 2: Clarify.

When you're done with your list of complaints, use this list to help you clarify what you fills you up. For each of the things on your 'WHAT DRAINS YOU' list, clarify what fills you up instead. Ask yourself: "Doing\_\_\_\_\_drains me. What fills me up instead is \_\_\_\_\_". Write your responses in the 'WHAT FILLS YOU UP' column on the first page.

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## Step 3: Choose

Now that you're clear about what you what DRAINS you and what FILLS you up in your life, let's pause and reflect.. I want you to look over the list of what DRAINS you and pick the ONE person, place or activity that DRAINS YOU THE MOST. Then ask yourself: Will joining this cycle of the Collective Coaching Program help me get ride of the biggest energy drain I just identified. Freewrite about why or why not below.