The kept-decisions scorecard

One small decision per day, for a week.

> You ask the question you're afraid of each day, you note what you felt first, what answer arrived, and you mark whether you acted on it. Trusting yourself comes from seeing the decisions that you acted on, not from waiting to feel ready.

1. Pick one small decision a day. One that is yours to make and small enough to settle in five minutes: the email you keep not sending, the thing you say yes or no to, the walk you said you would take.
2. Ask yourself as a yes or no question about that topic. "Do I want to go?" "Am I done with this?" Wait for the answer that comes.
3. Write what you felt first. If it feels calm, excited or lighter, some version of "good", that feels good for you. If it feels heavy or tight, write that down too. Write the word before you think about it too much. For some people the answer lands as a clear thought instead; that is just as valid if you know it to be true.
4. The important bit for this exercise is to act on the answer in one small way, then score it: Did you keep it, or not today. Not today is a fine answer: write what you did instead, and you have learnt something.
5. At the end of the week, look at the page. How many kept? Which feeling did you write down most often? Choose one decision for next week.

Day	The small decision, and my yes or no question	What I felt first calm, excited, lighter, heavy, tight	The answer that came	Did I keep it?	If not today, what I did instead
Day 1			○ yes ○ no	○ kept ○ not today	
Day 2			○ yes ○ no	○ kept ○ not today	
Day 3			○ yes ○ no	○ kept ○ not today	
Day 4			○ yes ○ no	○ kept ○ not today	
Day 5			○ yes ○ no	○ kept ○ not today	
Day 6			○ yes ○ no	○ kept ○ not today	
Day 7			○ yes ○ no	○ kept ○ not today	

At the end of the week

How many kept, out of 7, and which feeling I wrote down most often

_____

The one decision I will choose for next week

_____