Stop Overthinking

Make Your Decision in 5 Minutes

Set a 5-minute timer. Answer quickly, without aiming for perfection.
Five questions to help you choose a direction and take one small step.

1 MIN / QUESTION

1. **What decision am I trying to make?**
2. **What are my realistic options?**
3. **What matters most in this decision?**
4. **What is a fact, and what am I only worrying about?**
5. **Which option best fits what matters to me?**

MY DECISION

MY NEXT STEP IN 24 HOURS

Clarity comes from action, not endless thinking.