



8

Important Questions to Ask When Deciding What to Do Next

*That makes it easy to avoid
overcommitting and live a
successful, balanced, and
peaceful life!*



"How do I know whether to say yes or no?"

How do I stay aligned with the things that are most important to me?"

These are the two most frequently asked questions I get as a time coach who works with ambitious, creative, freedom-seeking humans.

Especially those who are unlearning busyness, pushing, and abandoning themselves (Yes, I'm on the journey right next to you!)

Lucky for you, there is a magical solution! Pausing, asking yourself the right questions, and being open and honest with what comes up.

On the following page, I've compiled a list of the eight most important questions to ask yourself when deciding what project, habit, goal, meeting, collaboration, or task to pursue next.

Remember! It's not about what you *can* do. We know you *can* do anything you set your mind to. **It's about how you want to spend your precious resources and the life that you truly want.**



8

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- 1.** Will doing it bring me closer to the life I really want? How?
- 2.** Is it consistent with my core values?
- 3.** How do I feel physically about it? Is it a complete body YES?
- 4.** Do I have to give up something that is really important to me?
- 5.** How it will affect the rhythm of my life? Am I okay with that?
- 6.** Can I stay true to myself as I do the thing?
- 7.** Is it (mostly) easy to incorporate into my schedule?
- 8.** Does it need to happen right now?

If your answers sit well with you, go for it!



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Have trouble honestly answering these questions?
That's the work I do in my VIP Day and 1:1 Holistic Time Coaching!
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