

The Practice

One Better Decision

Don't try to change your whole life, just change one decision. Ask yourself every morning: **what is one decision that would help me feel a little more supported today?** It might be:

- ♥ Turning your phone off an hour earlier.
- ♥ Going for a walk instead of scrolling.
- ♥ Saying no instead of yes.
- ♥ Saying yes instead of no.
- ♥ Cooking yourself a proper meal.
- ♥ Leaving work on time.
- ♥ Opening the window.
- ♥ Reading a chapter of a book.
- ♥ Cancelling something that drains you.
- ♥ Calling someone who leaves you feeling lighter.
- ♥ Going to bed when you're tired instead of when your programme finishes.

They're not dramatic decisions - they're design decisions. By the end of the week, you'll have made seven better decisions and here's what I want you to notice: **your life didn't change because you became a different person.** Your life changed because you stopped asking, **what do I feel like doing?** and started asking, **what would someone building a life that supports them choose?**

That's how a different life is created, in the ordinary moments where you quietly choose to build your life instead of simply getting through it.

At the end of the week, ask yourself one final question: **did my decisions leave me feeling more alive or more depleted?**

Then let your answer shape next week. One better decision, every day.

That's how life begins to rebuild you.

This week, what were the decisions that helped you feel a little more supported?

What were the decisions that left you feeling broken?