

What to do when you don't know what to do

- ☐ Be clear regarding your values
- ☐ Gather more information
- ☐ Avoid indecision as a decision
- ☐ Ask a mentor for advice
- ☐ Relax (your brain works better this way)
- ☐ Get some exercise
- ☐ Meditate or use self-hypnosis
- ☐ Consider how you would advise a friend
- ☐ Review your goals – will your decision align with these?
- ☐ Consider the downside as well as the benefits