HOW TO DECIDE WHEN LIFE FEELS UNCERTAIN

A 3-step exercise
to turn your overwhelm into self-trust



BY ROXANA AKHBARI

Welcome!

There are times when life feels uncertain, overwhelming or out of our control even though we are not physically in danger. In those moments, it's easy to disconnect from ourselves and struggle with making decisions. But what if you didn't have to wait for life to settle down in order to make wise decisions? What if you could build emotional safety from within instead of seeking it outside yourself?

This template is an exercise to help you do just that.

Through a few gentle steps, you'll explore how you tend to show up when things are uncertain, remember how you have handled hard things before, and imagine how to make decisions now from a place of self-trust. This isn't about getting it perfect — it's about showing up for yourself, again and again, and to remind yourself: "I can handle this."

Let's start!

Roxana

Step 1

Get Curious About Your Experience

Think of a situation in your life where making a decision with an uncertain outcome feels heavy or overwhelming.
Let's get curious about your experience of this situation:

- How do you feel about this situation? Where does this overwhelm show in your body?

- What are your thoughts about this situation? What do you think is dangerous about it?

- What is the thought that is causing the heaviest feeling? Write it down here and notice it without judgment. How do you feel when you observe it as your thought?

Step 2

Remember Your Past Resourcefulness

Now, remember a time in your life when you handled a difficult situation that you were not sure you could handle.
Let's get curious about that experience.

- What was the situation and how did you handle it?

- What positive qualities in you helped you handle the situation?

- How do you feel when you think of yourself as the source of those positive qualities?

Step 3

Imagine Emotional Safety Now

You just found evidence of your own resourcefulness in the past. Now, We'll use that evidence to create emotional safety as you make new decisions in uncertain situations now.

- Identify the shift: how your self-trust shifted when you noticed your resourcefulness?

- If you could completely trust your intuition, how would you handle what you think is dangerous now?

- How can you make sure to have your own back no matter what result you get from your deccision?

Homework for Day 1

Super-charge Your Vision
• what would need to change about your relationship with yourself to make this vision true? What kind of support do you need to offer to yourself to show up with this energy?

- What is one small way (a phrase, action, or reminder) you can commit yourself to this weeek to initiate this new relationship with yourself?

Well Done!

You just designed your own signature practice for making decisions in uncertain times from a place of self-trust.

As you practice this, remember that you are always resourceful even when you forget about it.

Want to sustain this energy and take it into a deeper level with my support?

Book a free consultation call with me to find out about my services and how I can sypport you.

BOOK A FREE CONSULTATION CALL