

**How to Unlock the Power of Your Beautiful Authentic Self.  
Module 4. Lesson 27. I Trust My Decisions. Additional Resources.**

## **I Trust My Decisions.**

Life is filled with decision-making moments. All of those moments are worth a sincere decision because they impact my well-being. ***I trust the decisions I make in life when they align with my character and goals.***

Many external factors exist to shift my focus. Friends and family sometimes try to impose their viewpoints on me. But I am careful to consider how decisions affect me.

***When difficult choices face me, I am sure to consider my long-term happiness.*** That helps to make the process of choosing much easier.

I am confident of my choices in my career and job. My happiness in work comes from having a fulfilling job and I trust my ability to find that fulfilment.

***I am intent on being smart in my decisions regarding my children.*** My role as protector makes it easy to choose wisely when it comes to them. I trust my decisions because I have their best interests at heart.

Today, I am confident in my decision-making abilities. There are wonderful past experiences that prove how sound my choices usually are. I trust myself to consider all relevant factors before coming to important decisions.

### **Self-Reflection Questions:**

1. What are some of the external factors that drive me to doubt my decisions?
2. How do I make adjustments when I realize my first decision was the least suitable one?
3. How do I make a selection when I am torn between two valid choices?

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