

Daily Decision-Making Checklist

Step 1: Interrupt the Loop (5-Second Circuit Breaker)

- ☐ Am I stuck in overthinking mode right now?
- ☐ Say 'NeuroReset' out loud
- ☐ Snap your fingers twice
- ☐ Take a deep breath
- ☐ Reconnect with the present moment

TIP: Use this whenever your mind starts spiraling.

Step 2: Use the Priority Filter

- ☐ What decision am I facing?
- ☐ Ask: 'Will this matter in 5 years?'
- ☐ If NO -> Decide in 30 seconds or less. MOVE ON.
- ☐ If YES -> Proceed to Step 3.
- ☐ Avoid perfection paralysis - done is better than drained.

TIP: Don't spend 10 minutes deciding what playlist to use for a 20-min run.

Step 3: Anchor into Clarity

- ☐ Press thumb to the center of your palm
- ☐ Say: 'Clarity Now'
- ☐ Lean slightly forward + take a deep breath
- ☐ Visualize your decisive self - the version of you that's in control

¹TIP: Use this anchor daily (ideally after brushing your teeth) to train your brain to enter decision-mode instantly.

Bonus: Daily Mental Reset Log

TIP: Track your growth each day by filling in this table.

Date	Reset Triggered? (Y/N)	Priority Filter Used?	Anchor Activated?	Clarity Score (1-10)
------	------------------------	-----------------------	-------------------	----------------------