



# Make One Decision

with Marin Laukka of Yes&

1. If you could feel clear & confident in any one decision, what decision would you dream to make in the next 90 minutes? Clearly write out your decision.

## Create Space for Transformation

2. Who are you listening to? When you need or want to make a decision in your life, what is your typical process? Write down your decision habits & note if they serve you to make confident, authentic decisions.

<i>Decision Habit</i>	<i>Does this serve me? (Y/N)</i>

3. What is one thing you could do to create more space for your voice, gut feeling & intuition to show up in the next 90 minutes? In the next month?



## Clarify Your Truth

4. What does clarity feel like in your body? Alternatively, what does “yes!” feel like in your body? (What does “no” feel like?)

5. Brainstorm 5 possible options for your current decision.

1.

2.

3.

4.

5.

## Admit Your Desire

6. One at a time, imagine choosing each option above as your final decision. What choice(s) feel like “yes,” as clarified for yourself in question 4?

7. Do any fears or gremlins come up as you consider each “yes!” option? (I nickname this part of the decision-making process the *oh sh!t!* stage.)

## Take Aligned Action

8. With easy air in your lungs & relaxed shoulders down your back, close your eyes & repeat your decision. Then, take your best guess: What one option feels most expansive, exciting & aligned?

9. What action step can you take this week to step you toward your "final for now" decision? What will keep you accountable & support you to follow through with your action step?

## Trust the Ride

10. As you take aligned action, what indicators would give you assurance that this decision is "right" for you? What red flags would prompt you to pause or make a new choice?

### *Signs of alignment*

- 1.
- 2.
- 3.

### *Signs of misalignment*

- 1.
- 2.
- 3.

11. Brainstorm one mantra to foster greater trust in yourself, your decision & your journey ahead. (Consider using insights from your answers to questions 3 & 4.)

## Celebrate Your Alignment

12. What is one way you will celebrate YOU & your declared decision in the next few hours or days?

## Begin Again

13. Offer compassion to yourself; this is only one iteration of your decision process. You have permission to visit & revisit this decision until it feels incredible. Continue to celebrate each time you go through this process, feel more confident in your choices & experience the undeniable benefits that accompany authentic decisions.



**Elyse Rethlake**

5 reviews

★★★★★ 2 months ago

I really can't say enough about working with Marin as a coach. It's truly the single most influential decision I've made for my health and self-care. Her ability to stay with me during vulnerable moments of self-discovery was unparalleled. I felt safe and we've laughed a lot, but she's also pushed me. I feel content and powerful in my own life.



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