FROM THOUGHT TO POWER™ · RANA MALAEB

The Decision Compass

Values vs Fear · 4 Diagnostic Questions

THOUGHTS. ACTIONS. LEGACY.

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VALUES VS FEAR

The Decision Compass

Most bad decisions come not from lack of information, but from deciding from the wrong place. Usually fear. Or the need for approval. Or the weight of what others expect. This compass does not tell you what to decide. It tells you where your decision is coming from, so that you can choose consciously.

> "Am I choosing from values or from fear of getting it wrong?"

BEFORE YOU BEGIN

Name the decision you are facing

Write it clearly and specifically. Vague decisions produce vague answers.

THE TWO OPTIONS I AM WEIGHING

Option A

Option B

THE FOUR DIAGNOSTIC QUESTIONS

Answer from where you actually are

Answer each question honestly. Do not answer from who you want to be. Answer from where you actually are right now.

QUESTION 01

When I imagine making this decision, the feeling that arrives first is:

- [ ] Dread or anxiety
- [ ] Genuine excitement and possibility
- [ ] Numbness or shutdown
- [ ] Quiet clarity and rightness

REFLECT

What does this feeling tell you about where this decision is originating?

QUESTION 02

The person I am most concerned about disappointing is:

- [ ] An authority figure or a parent
- [ ] My peers, team, or social circle
- [ ] Myself, and my own standards
- [ ] I am not primarily focused on disappointing anyone

REFLECT

Whose voice is loudest in this decision? Whose approval are you seeking?

QUESTION 03

If I made this decision and absolutely no one ever knew, would I still choose the same way?

- [ ] Yes, completely and without hesitation
- [ ] Probably yes, though I feel less certain
- [ ] Probably not. The answer might be different
- [ ] Definitely not. I would choose differently

REFLECT

What does your answer reveal about how much of this decision is truly yours?

QUESTION 04

At its core, this decision is being driven by:

- [ ] My values and what genuinely matters to me
- [ ] Fear of making the wrong choice
- [ ] What others expect or need from me
- [ ] External pressure, deadline, or circumstance

REFLECT

If you are honest with yourself, what is actually in the driver's seat?

READING YOUR COMPASS

What your answers reveal

Deciding from Values

Your answers point toward genuine clarity and alignment. The discomfort you may feel is not a signal to stop. It is often a signal that the decision matters. Trust the process. Move forward.

Mixed Signals

Part of you is deciding from values; part from fear or approval. The question worth sitting with: which part do you want to be in charge of this decision? Go back to your Values Map before you proceed.

Deciding from Fear

Your answers suggest this decision is rooted primarily in fear, the need for approval, or external pressure. This does not mean the decision is wrong, but it does mean it needs to be revisited. Return to your values. Ask: what would I choose if I could not get it wrong?

YOUR DECISION

From your values, right now

After completing the compass, write your decision below. Not what you think you should decide, but what you are choosing, from your values, right now.

MY DECISION, FROM MY VALUES

ONE STEP I WILL TAKE IN THE NEXT 48 HOURS

READY TO GO DEEPER?

Book your free 25 minute Clarity Call

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