NOVA WELLNESS COLLECTION INC.
Let's Heal Together
Thenovahub.net

DECISION CLARITY SHEET

Pause the pressure. Listen for what is true.

DATE _____ **TIME** _____

1. WHAT DECISION AM I TRYING TO MAKE?

2. WHAT ARE MY OPTIONS?

3. WHAT FEELS RIGHT?

4. WHAT FEELS PRESSURED?

5. WHAT DO I KNOW FOR SURE?

6. WHAT WOULD PROTECT MY PEACE MOST?

7. MY NEXT STEP

Clarity grows when pressure gets quieter.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.