

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 fulfillment.

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?