



THE ALIGNED DECISION FILTER

A Simple Pause Before the Yes or No

(This is a 5-minute exercise. You're not here to solve everything – just to see clearly.)

Decision I'm considering:

1. Timing

Right now — not someday.

Does this decision support what I'm already integrating, or would it fragment my focus?

Supports my current season

Would pull attention away

Unsure — feels rushed

2. Value (Beyond Money)

What do I genuinely value here?

Alignment / resonance

Growth or learning

Relief or ease

Status / expectation

Other: _____

(No judgment — just notice.)

3. Total Cost

Not just financial.

What is the full cost of saying yes?

Energy / capacity : _____

Time / attention: _____

Relational or emotional cost: _____

Right now, this cost feels:

Clean

Heavy

Unclear

4: Identity Check

Who am I choosing from?

Does this choice support the person I am becoming — or pull me back into an old pattern?

Supports who I'm becoming

Feels like an old habit

I'm not sure yet

Decision (For Now)

Based on what I see right now, this is a:

Yes

Not right now

No

Why this feels like self-trust (not fear): _____

Optional: Deeper Reflection (Only if you want)

If I imagine making this decision from a calm, grounded place — what becomes obvious?

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Important Note: This resource supports self-reflection and awareness only. It is not therapy, counselling, or medical advice. If you are seeking therapeutic or medical support, please consult a qualified professional.