

Sort Yourself Out

Instructions

The Sort Yourself Out is a reflection exercise to support you in a few ways by:

- Reducing your mental overload & structuring multi-step decisions (Step #1). This calms your internal operating system and improves your decision fitness.
- Providing you with a place to capture all that's on your mind so it's not lost (Step #2)
- Focusing on where you have power in today's decisions by putting First Things First (Step #3)
- Orienting on one decision creates structure for the next step ... *the decision process* (Step #4)

Go through each page step-by-step, to hone in on today's decisions and identify decisions you would like help with - we are here to support you!

- Schedule a [Free Sort Yourself Out strategy session](#).

We hope this helps!

Kristen & Amy

info@clarity4action.org

What We Teach

The VIDA Method

Values

Core Motivation



Super-charge your ability to plan, set personal goals & move ahead successfully when you align your decisions with your core values.



mIOS

My Internal Operating System

Understand how your feelings & external inputs impact your thinking. Consciously choose your responses & recognize choice points as you interact with the world.

Decision Process

Clear Steps to Understanding



Captures both your heart & mind with a whole-person decision making process that increases your chances of being more satisfied with both your decisions and outcomes.



Action

Get Clarity, Take Action

Create a personalized tool-box to hack your habits, stay motivated, & achieve your goals helps take you from chaos to calm.

Sort Yourself Out

Capture your thinking

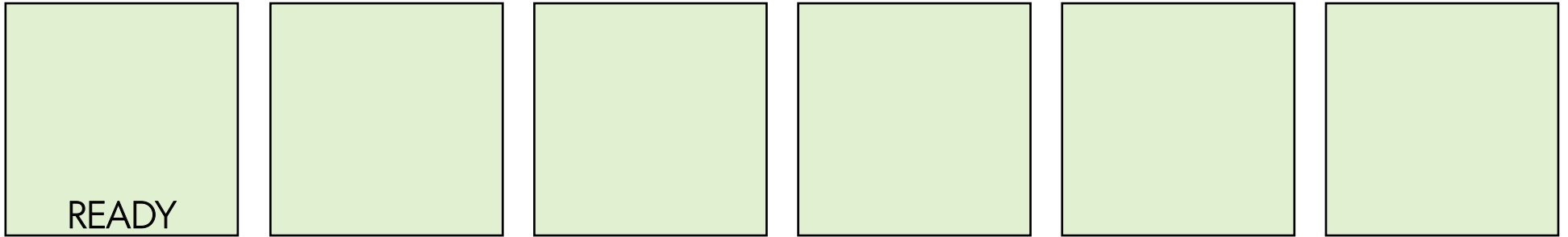
Step #1

Make a list, a mind map, or doodle all the decisions that are on your mind. Capture them below.

Step #2

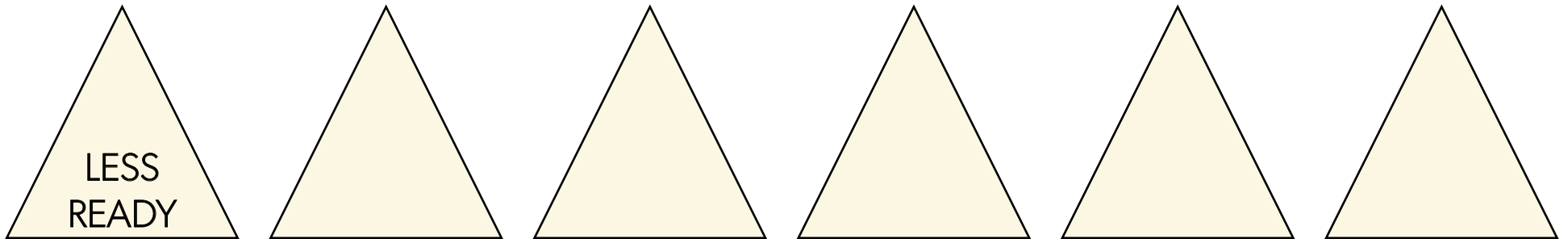
Look at your list from Step #1 and rate your feeling of readiness and confidence in making the decision. Transfer the decisions from your list into the shapes. Cut out the individual shapes and go to Step #3. You can use sticky notes, just remember to use the symbols/colors to note your readiness.

Decisions I feel READY (confident) to make - green

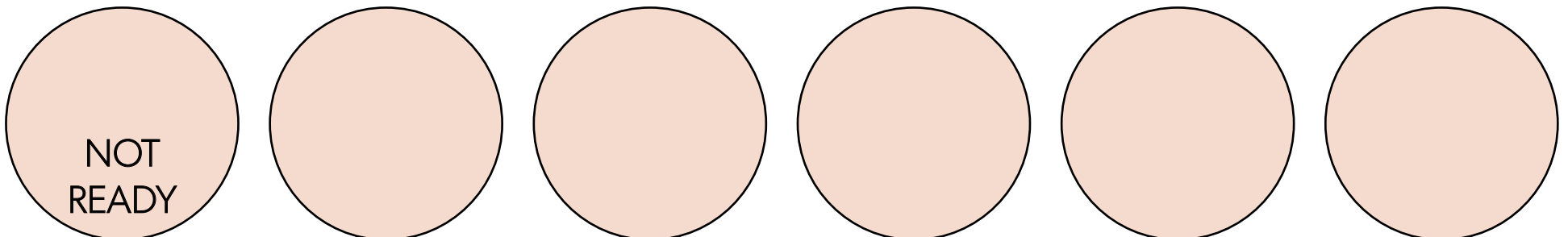


Follow-up Zone - Book your [Free Sort Yourself Out strategy call](#). We're here to help!

Decisions I feel LESS READY (less confident) about making -



Decisions I'm NOT READY (not confident) to make -



Step #3



Sort and Tape shapes into the columns. Focus on what 's already been DECIDED, what you're DECIDING, and decisions you DECIDE LATER.

Sort Yourself Out

DECIDED

Decisions already made • Agreements •
Commitments • Personal Policies

DECIDING

Focus your energy here • Things you're trying
to figure out • Will I/Won't I? • How will I?
Any   decision you need help with,
reach out & schedule a free call.

DECIDE LATER

Decisions I may need help with • Decisions to
make later

Step #4

Schedule your [Free Sort Yourself strategy call](#).