

4 steps to MAKING CONFIDENT DECISIONS

1 Trust Your Intuition.

- What was that first feeling you had when you think about the decision? (you know, before your brain jumps in with fear and doubt). Was it expansive or contracting?
- Stop ignoring that little hint of 'knowing', or excitement you feel. It's pushing you towards the right decision.

2 Know that Nothing is Permanent.

- The decisions we make are not life or death - there's no 'wrong' decision.
- If you are fearful to make a 'wrong' decision, there may be some perfectionism rearing its ugly head in your world. Join my free Facebook group, "Brave New Girl - with Naomi Battah" to learn all about how to ditch the worry of mistakes, or get in touch for some 1:1 coaching with me!

3 Don't Fear the Fear.

- See that every experience has an opportunity to learn something.
- Our ability to confidently decide will grow when we aren't fearful of the process or the outcome. Our fears are all about things that haven't even happened.
- If you need help with a fear of failure or judgement, shoot me an email at naomi.battah@outlook.com

4 Consider the Cost of Inaction.

- Feel confident in knowing any movement forward is progress. (and it's all forward)
- Are you prepared for nothing to change – or get worse?
- Where will you be in a year/5 years/10 years if you sit in indecision?

I am running a 6-week course to help you
MAKE CONFIDENT DECISIONS!

Message me to secure your space!!

**SPOTS ARE LIMITED TO 6 WOMEN READY TO
CHANGE THEIR LIVES!**



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