

# Living Life True

## Decision Filter

*Use this before every yes, opportunity, collaboration, or idea. If it doesn't pass at least four of these, it's a no or not now.*

Does this support the life and woman I'm intentionally moving into? Am I making this decision based on the old version of myself? Or the new version I want to become?

Yes  No

Will this energize me *after* the initial excitement wears off?

Yes  No

Is this right for *this season*, not just someday?

Yes  No

Can I maintain this without resentment or burnout?

Yes  No

Does this offer a positive, meaningful return in at least one of my [wellness wheel](#) categories?

- Social
- Emotional
- Spiritual
- Intellectual
- Physical
- Environmental
- Financial
- Occupational

What would I have to give up to say yes, and am I willing to do that?