



JILLIAN'S

# 30 DAY PLAN

TO

# COMMITMENT

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*A Daily Practice Guide to Making Decisions That Stick*

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*A Daily Practice Guide to Making Decisions That Stick*

by

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[commit.app](http://commit.app)

**Jillian's 30 Day Plan to Commitment**

A Daily Practice Guide to Making Decisions That Stick

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This book is a companion to the Commit decision-support app, available for iOS.

Cover photo: Pacific Ocean at Sunrise

First edition

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# INTRODUCTION

You read *Commit to the Wave*. You nodded along. You highlighted things.

And then what?

If you're like most people, you went back to circling. Back to "I'll decide later." Back to the comfortable discomfort of indecision.

Don't beat yourself up. Understanding something intellectually and living it are two different things.

That's what this book is for.

Thirty days. One practice per day. Each one small enough to actually do, specific enough to make a difference.

By the end of this month, you won't just understand how to make decisions. You'll have built the muscle to do it automatically.

## How This Works

Each day has three parts:

**Today's Lesson** — A focused insight to carry with you. Read it in the morning with your coffee.

**Today's Exercise** — A specific action to take. Most take 5-15 minutes. Some are harder — not in time, but in courage.

**Commit Prompt** — A way to use the app for that day's practice. Optional but useful.

Don't skip days. Don't do multiple days at once. This is about building a habit, and habits need consistency more than intensity.

## The Four Weeks

**Week 1: Awareness** — Before you can change your patterns, you need to see them. This week is about paying attention to how you actually make (or avoid) decisions.

**Week 2: Speed** — Small decisions don't deserve big time. This week builds your quick-decision muscle through practice.

**Week 3: Courage** — Now we tackle the hard stuff. The decisions you've been avoiding. The conversations you've been putting off.

**Week 4: Integration** — Building systems that stick. Making decisive action your default, not your exception.

## One Promise

If you do these exercises honestly for 30 days, you will be different at the end.

Not because of anything magical. Because practice works.

You'll have made dozens of decisions you'd normally have delayed. You'll have faced things you'd normally have avoided. You'll have built evidence that you can trust yourself.

That's the gift of this journey. Not that I'll teach you something new. But that you'll prove to yourself what you're capable of.

Let's begin.

— Jillian

*Somewhere in Bali  
Still overthinking sometimes  
Still using Commit*



WEEK

1

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## AWARENESS

*Days 1-7: See Your Patterns*

## Day 1: Track Your Decisions

Most people have no idea how many decisions they make in a day. Or how many they avoid.

Today, you're going to find out.

### Today's Lesson

Awareness comes before change. You can't fix a pattern you can't see.

I spent years thinking I was "pretty decisive." Then I started paying attention. Turns out I was decisive about easy stuff — what to eat, where to surf, which Netflix show to watch. The decisions that actually mattered? I was dodging those constantly.

"I'll think about it later."

"I need more information."

"Let me sleep on it."

These weren't thoughtful pauses. They were avoidance wearing a reasonable disguise.

Today isn't about changing anything. It's about seeing clearly. Just noticing what's actually happening in your decision landscape.

**Wave Wisdom:** You can't manage what you don't measure. Today, you measure. Tomorrow, you'll know what needs work.

### The Decision Categories

As you track today, you'll notice decisions fall into patterns:

**Made immediately** — You saw the choice, you decided, done. These are the easy wins.

**Delayed intentionally** — You genuinely needed more info or time. These are fine.

**Delayed by avoidance** — You had enough information but didn't want to commit. These are the problem.

**Avoided entirely** — You saw the decision, then pretended you didn't. The sneakiest category.

Most people are surprised by how much falls into those last two categories. Don't judge yourself — just notice.

**Today's Exercise:** Carry a small notebook or use your phone's notes app. Every time you face a decision today — big or small — mark it down. Note:

1. What the decision was
2. Whether you made it or delayed it
3. If delayed: why?

At the end of the day, count them up. How many decisions did you face? How many did you make? How many are still sitting there, waiting?

### What You Might Find

Don't be surprised if you find 50+ decisions in a single day. Most are tiny: what to wear, what to eat, how to respond to that text.

The interesting ones are the medium decisions you're probably ignoring. The email you keep meaning to reply to. The conversation you keep putting off. The thing you've been "thinking about" for weeks.

Those are the ones draining your energy. Those are the ones we'll work on.

## No Pressure Today

Just notice. That's all.

Don't try to decide faster or better. Don't beat yourself up for what you see. This is data collection day.

Tomorrow we'll dig into what the data means.

**Try Commit for this:** Open the app and ask "What decisions am I avoiding today?" Answer honestly. Sometimes just naming them is the first step to facing them.

## Day 2: Notice the Delay

Yesterday you tracked your decisions. Today, we examine the delays.

Look at your list from yesterday. Every decision you didn't make immediately — why?

### Today's Lesson

Not all delays are created equal.

Some delays are smart. You're waiting for information that will actually change your answer. You're sleeping on it because fresh eyes help. You're consulting someone whose input matters.

Most delays aren't smart. They're just fear dressed up as patience.

Here's how to tell the difference:

**Smart delay:** "I'll decide after I get the test results back."

**Fear delay:** "I'll decide when I feel ready."

The first has a clear trigger. The second never comes.

**Wave Wisdom:** If your delay doesn't have a specific end date or trigger, it's probably not a real delay. It's avoidance with a better name.

## The Delay Autopsy

Take yesterday's delayed decisions and run them through this filter:

### What am I waiting for?

If you can name a specific thing — a piece of information, a conversation, an event — that's legitimate. Wait for that thing, then decide.

If you can't name anything specific, you're stalling.

### Will waiting actually help?

Some things get clearer with time. Most don't. That relationship decision won't get easier in three months. That job question won't answer itself. That purchase decision doesn't need more research.

Be honest: is time going to change anything, or are you just postponing discomfort?

### What's the cost of waiting?

Every delay has a price. Sometimes it's opportunity cost — the thing you could've started by now. Sometimes it's energy cost — the mental weight of carrying an unmade decision. Sometimes it's relationship cost — the person waiting on you.

What's this delay actually costing?

**Today's Exercise:** Take your top 3 delayed decisions from yesterday. For each one, answer these three questions in writing:

1. What specific thing am I waiting for?
2. Will that thing actually change my answer?
3. What is this delay costing me?

If you can't answer 1 and 2 clearly, that decision doesn't need more time. It needs a deadline.

### The Honest Assessment

Most of us delay because deciding feels harder than waiting.

It's not.

Deciding is one moment of discomfort. Waiting is that discomfort stretched across days, weeks, months. The total suffering of delay almost always exceeds the suffering of just deciding.

But in the moment, delay feels like relief. "I don't have to deal with this right now."

You do, though. You're dealing with it every time it crosses your mind. Every time it sits in your mental to-do list. Every time you feel that low-grade anxiety about unfinished business.

The decision is happening whether you make it or not. Delay just makes it happen slowly and painfully.

**Tip:** Here's a rule of thumb: if you've been thinking about the same decision for more than a week without new information coming in, you're not thinking. You're circling. Time to decide.

### Your Assignment

Look at those three decisions you examined.

Pick the one where waiting serves no purpose. The one where you already know, deep down, what you should do.

Tomorrow, we work on your circling habits. But today, just sit with this truth:

You're not waiting for the right time. You're waiting for the decision to feel easy.

It won't.

**Try Commit for this:** Ask "Why am I really delaying [your decision]?" Let yourself be honest. Sometimes seeing your real reason written out is enough to break the pattern.

## Day 3: Identify Your Circling Habits

Everyone has a signature way of avoiding decisions. Today you find yours.

### Today's Lesson

Circling isn't random. It's patterned.

Some people research endlessly. They read every review, watch every video, make every spreadsheet. They call it "being thorough." It's hiding.

Some people ask everyone. They poll friends, family, coworkers, strangers on the internet. They call it "getting perspective." It's outsourcing responsibility.

Some people wait for signs. They're looking for the universe to tell them what to do. They call it "intuition." It's magical thinking.

Some people complicate. They add more variables, more considerations, more what-ifs until the decision becomes impossible. They call it "being realistic." It's sabotage.

Some people defer. They put it off until external circumstances decide for them. They call it "letting things play out." It's surrender.

Which one are you?

**Wave Wisdom:** Your circling habit probably feels like a strength. "I'm thorough." "I value input." "I'm a deep thinker." That's how it hides. It wears the mask of your best qualities.

## The Circling Styles

### The Researcher

- Never has "enough" information
- One more article, one more review, one more comparison
- Analysis paralysis disguised as diligence
- Secretly hopes the research will make the decision obvious (it won't)

### The Pollster

- Asks everyone what they think
- Weighs opinions that shouldn't be weighted
- Looking for permission, not perspective
- Gets confused when people disagree (they always do)

### The Mystic

- Waiting for clarity that isn't coming
- Believes the "right" choice will feel right
- Postpones until the universe sends a sign
- Gives up agency to fate

### The Complicator

- Simple decisions become complex
- "But what about..." piles up
- Creates edge cases and exceptions
- Makes everything too hard to decide

### The Deferrer

- Waits until deadlines force action

- Lets circumstances choose
- “It’ll work itself out”
- Gives up authorship of their own life

Most people have a primary style and a backup. Know both.

**Today's Exercise:** Think about the last 5 decisions that took you too long. For each one, identify which circling style you used.

Do you see a pattern? Write down your primary circling habit in one sentence: “When I face a hard decision, I tend to \_\_\_\_\_.”

This is your trap. Name it so you can catch it.

## Why We Circle

Every circling style serves the same purpose: avoiding responsibility for the outcome.

If I research forever, the information is responsible.

If I ask everyone, their advice is responsible.

If I wait for a sign, fate is responsible.

If I complicate, the complexity is responsible.

If I defer, circumstances are responsible.

None of these work. You’re still responsible. You’re just wasting time pretending you’re not.

## Breaking the Pattern

Now that you know your style, you can interrupt it.

When you catch yourself researching: “Do I actually need more information, or am I stalling?”

When you catch yourself polling: “Am I seeking perspective or permission?”

When you catch yourself waiting: “Is clarity coming, or am I hoping to be rescued?”

When you catch yourself complicating: “Am I seeing real complexity or creating it?”

When you catch yourself deferring: “Am I letting things unfold or giving up control?”

The pattern doesn’t break overnight. But awareness is the first crack.

**Tip:** Tell someone your circling style. “I tend to over-research decisions.” Speaking it out loud makes it harder to do unconsciously. It also gives them permission to call you out.

## Tomorrow

We’ll look at where your energy is actually going. Because unmade decisions don’t just sit there. They drain you in ways you don’t notice.

For now, just sit with this: you have a pattern. It probably feels like wisdom. It’s not. It’s a sophisticated way of not committing.

**Try Commit for this:** Ask “Am I researching/polling/waiting/complicating/deferring on [your decision]?” Let the app help you see your pattern in real-time.

## Day 4: The Energy Audit

Unmade decisions don’t just sit quietly in your head. They’re actively costing you.

Today we measure the drain.

### Today’s Lesson

Your brain has limited processing power. Every unmade decision takes a slice of it.

Think of your mind like a computer with open applications. Each one uses memory, even when you’re not actively using it. Too many open apps, and everything slows down.

Unmade decisions are background applications you forgot to close.

That job question you’ve been “thinking about” for six months? Running in the background.

That relationship conversation you keep putting off? Running.

That investment you’ve been researching forever? Running.

That closet you’ve been meaning to organize? Running.

Each one small. Together, they’re why you feel tired even when you’ve done nothing.

**Wave Wisdom:** The weight of unmade decisions shows up as mental fog, low-grade anxiety, and a vague sense that something’s wrong. You don’t know what. Everything is what. Too many open loops.

### The True Cost

Let’s get specific about what unmade decisions cost:

**Mental bandwidth** — Every open decision uses processing power. You’re literally stupider with too many unmade decisions floating around.

**Emotional energy** — Each unmade decision carries emotional weight. The guilt of not deciding. The anxiety of uncertainty. The shame of avoidance.

**Time leakage** — You think about unmade decisions multiple times per day. Five minutes here, ten minutes there. It adds up to hours per week spent on decisions you’re not making.

**Opportunity cost** — While you’re not deciding, you’re not doing. Every day of delay is a day you could’ve been living with the decision behind you.

**Relationship strain** — People waiting on your decisions feel it. Your indecision affects their lives too.

Add it up and unmade decisions are one of the biggest hidden drains on your life.

**Today’s Exercise:** Make a list of every unmade decision currently open in your life. Everything you’re “thinking about,” “meaning to decide,” or “not sure about yet.”

Big stuff: career changes, relationship decisions, major purchases.

Medium stuff: that trip you've been planning, that subscription you might cancel, that project you might start.

Small stuff: scheduling that appointment, replying to that email, organizing that drawer.

Get it all on paper. Then look at it. That's your cognitive load right now. That's what you're carrying.

## The Audit

Now count them.

Five open decisions? That's manageable.

Ten? You're starting to slow down.

Twenty? No wonder you're exhausted.

Most people I work with are shocked by the number. They didn't realize how much was running in the background. They thought it was just "life." It's not. It's accumulated avoidance.

## Close the Loops

Here's the thing about open decisions: closing them feels better than leaving them open, even if the outcome isn't what you wanted.

I'd rather regret a decision I made than carry one I didn't.

The relief of closing a loop is immediate and significant. Even bad decisions feel better than no decisions because at least you know. At least you can move on. At least that background app is finally closed.

**Tip:** Pick three small decisions from your list that you could close in the next 24 hours. Not the big ones — we'll get to those. Just three small loops you can shut. Do them tomorrow. Notice how much lighter you feel.

## The Week So Far

Four days in. You've tracked your decisions, examined your delays, identified your circling style, and now audited your mental load.

You're seeing clearly now. That's the point of this week.

Tomorrow we go deeper: learning to recognize fear when it's pretending to be something respectable.

## Your Real To-Do List

That list you made? Those aren't decisions you need to make "someday."

They're decisions you need to make.

Every one of them is borrowing energy from your present. Every one is running in the background. Every one is making everything else harder.

Not today. But soon. We'll work through them.

**Try Commit for this:** Pick one of those twenty open decisions and ask “Should I just decide this now?” Sometimes the answer is yes, and you just needed someone to push you.

## Day 5: Spot Fear Dressed as Thinking

Your brain is clever. It knows you won’t tolerate “I’m scared,” so it dresses fear up in acceptable clothing.

Today you learn to see through the costume.

### Today’s Lesson

Fear is smart enough to sound reasonable.

It doesn’t say “I’m terrified of making the wrong choice.” It says “I want to be thorough.”

It doesn’t say “I’m scared of commitment.” It says “I need more time to think.”

It doesn’t say “I’m avoiding responsibility.” It says “I’m waiting for clarity.”

These sound like wisdom. They’re not. They’re fear speaking your language.

The more articulate you are, the more convincing your fear becomes. Smart people are especially good at rationalizing their way out of decisions because they can build such compelling cases for waiting.

**Wave Wisdom:** Fear is fluent in your vocabulary. It uses words like “strategic,” “prudent,” “reasonable,” and “thoughtful.” It knows what you’ll accept and speaks accordingly.

## Fear’s Favorite Disguises

### “I’m being responsible”

- Translation: I’m scared of making a mistake
- Reality: Responsibility requires decisions, not indefinite caution

### “I want to consider all the angles”

- Translation: I’m hoping to find certainty
- Reality: You’ve considered the angles. You’re circling them.

### “I don’t want to rush into anything”

- Translation: I’m not ready to commit
- Reality: Six months of “not rushing” is just slow avoidance

### “I need to feel ready”

- Translation: I’m waiting for fear to go away
- Reality: Readiness comes from doing, not waiting

### “I want to make the right choice”

- Translation: I’m scared of making the wrong one
- Reality: There is no objectively “right” choice for most decisions

### “I’m still processing”

- Translation: I’m avoiding the discomfort of deciding
- Reality: Processing that never ends isn’t processing — it’s paralysis

## The Test

Here's how to tell if it's genuine thinking or fear in disguise:

### Does your “thinking” have an endpoint?

- Real thinking: “I’ll decide by Friday after I talk to my manager”
- Fear thinking: “I’ll decide when I feel more clear” (never)

### Are you getting new information?

- Real thinking: Active research with a purpose
- Fear thinking: Re-reading the same arguments, re-having the same internal debates

### Is the situation actually changing?

- Real thinking: Waiting for something external that matters
- Fear thinking: Nothing’s changing except time is passing

### How long has this been going on?

- Real thinking: Days to a couple weeks, max
- Fear thinking: Months, or the same decision cycling back repeatedly

**Today's Exercise:** Pick a decision you've been “thinking about” for more than two weeks.

Write down the reason you haven’t decided yet.

Now translate it. What’s the fear underneath the reasonable language?

Be brutally honest. “I want to be thorough” becomes “I’m scared I’ll regret it.” “I need more time” becomes “I’m avoiding the discomfort of choosing.”

Name the fear. It loses power when you do.

## The Feel of Fear

Fear in disguise has a physical signature:

- Tightness in your chest when you imagine deciding
- A little jolt of anxiety when someone asks about it
- Relief when you find a reason to delay
- Restlessness that won’t settle no matter how much you “think”

Real thinking feels different. It’s engaged, active, productive. It moves toward resolution, not away from it.

If your “thinking” makes you feel more confused over time instead of less, that’s not thinking. That’s circling.

**Tip:** Next time you say “I need to think about it,” pause. Ask yourself: “Is this thinking, or is this fear?” Sometimes just asking the question is enough to break the spell.

## The Uncomfortable Truth

Fear doesn’t go away. Ever.

You can’t think your way to a place where scary decisions feel safe. That place doesn’t exist.

The people who seem fearless aren’t. They’ve just learned to decide while scared. They’ve learned that fear is part of the process, not a reason to stop.

That's what we're building here. Not fearlessness. Courage. The ability to act despite the fear.

## Tomorrow

We visit the decision graveyard — all the decisions you made by not making them. It's sobering. It's also clarifying.

Today, just notice. Every time you catch yourself in "reasonable" delay, ask: is this thinking, or fear?

**Try Commit for this:** Tell it the "reasonable" reason you're delaying. Then ask "What am I actually scared of?" The honest answer is usually more useful than the polished one.

## Day 6: Your Decision Graveyard

Some decisions die while you're still thinking about them.

Today we visit the graveyard.

### Today's Lesson

Not deciding is a decision. The worst kind.

When you delay long enough, the window closes. The opportunity passes. The relationship ends. The job goes to someone else. The price goes up. The moment fades.

You didn't decide no. You just let yes become impossible.

This is the decision graveyard: all the things that could have happened if you'd committed when you had the chance.

Everyone has one. Most people don't look at it. Today you do.

**Wave Wisdom:** The decision graveyard holds everything you lost by waiting. Not by choosing wrong — by choosing nothing. These are the deepest regrets because you never even got to learn from the mistake.

## My Graveyard

I'll share some of mine. Maybe it helps you look at yours.

**The Portugal opportunity** — Woman I met in Bali, moving to Portugal, asked me to come. I "thought about it" for two months. By the time I said yes, she'd moved on. I didn't even get to try.

**The business partnership** — A friend wanted to start something together. I said "let me think about it." Kept thinking. He found another partner. Built exactly what we'd discussed. Without me.

**The property in Canggu** — Someone offered me land at a great price. I hesitated. Wanted to "do more research." By the time I called back, sold. Worth five times as much now.

**The conversation with my father** — Things I wanted to say. Kept waiting for the right time. He died. There was no right time. There was just time I didn't use.

Each of these hurts differently than a bad decision would have. A bad decision teaches you something. These taught me nothing except that waiting has costs.

## Your Graveyard

This is uncomfortable. That's the point.

What opportunities did you lose by waiting too long?

What relationships faded while you were “figuring out” how you felt?

What jobs went to someone else while you were “considering your options”?

What experiences didn't happen because you couldn't commit?

What conversations never occurred because you kept waiting for the right moment?

**Today's Exercise:** Write down three things in your decision graveyard. Three real opportunities, relationships, or experiences that died while you were “thinking about it.” For each one, answer: What was I waiting for? And: Did that thing ever come? This isn't about guilt. It's about seeing clearly what non-decision costs.

## The Pattern

Look at your graveyard entries.

Do you see a pattern?

Usually it's the same fear, repeated. Fear of commitment. Fear of being wrong. Fear of missing out on something better.

The graveyard shows you what that fear actually costs. Not in theory. In reality. In your life.

## What the Graveyard Teaches

Two lessons from the graveyard:

**First:** The cost of not deciding is real and permanent. You don't get those opportunities back. You don't get that time back. The graveyard only grows.

**Second:** Your fear was lying to you. Every one of those things you lost — you were scared of them. Scared of Portugal. Scared of the partnership. Scared of the land commitment. Scared of the vulnerable conversation.

Fear told you to wait. Waiting cost you the thing. Fear wasn't protecting you. It was robbing you.

**Heads Up:** The graveyard will keep growing if you don't change. That decision you're circling right now? It's heading there. It's on the path to the graveyard while you “think about it.”

## Use This

The graveyard isn't just for reflection. It's a tool.

Next time you're circling a decision, visit the graveyard. Remember what waiting cost you before. Let that memory motivate you to decide now.

The best time to decide was earlier. The second best time is now.

## **Tomorrow**

Day 7 is your Week 1 reflection. We'll look at everything you've learned about your patterns and start planning how to change them.

For now, sit with the graveyard. Let it be uncomfortable. That discomfort is useful. It's the beginning of change.

**Try Commit for this:** Ask "Is [your current decision] heading to my decision graveyard?" Sometimes seeing that trajectory is enough to change it.

## **Day 7: Week 1 Reflection**

You've spent six days looking at how you make — and avoid — decisions.

Today we consolidate what you've learned.

### **What You Now Know**

In one week, you've discovered:

**Day 1:** How many decisions you face daily and how many you actually make

**Day 2:** The difference between smart delays and fear delays

**Day 3:** Your signature circling style — how you uniquely avoid commitment

**Day 4:** The mental weight of all those open decisions draining your energy

**Day 5:** How fear disguises itself as thoughtfulness

**Day 6:** The real cost of waiting, written in your decision graveyard

That's a lot of awareness for seven days. Most people go their whole lives without seeing these patterns clearly.

**Wave Wisdom:** Awareness is painful. You can't unsee what you've seen. But that pain is the beginning of change. You can't stay the same once you know what you're doing.

## **Your Decision Profile**

Based on this week, answer these questions:

**How do you typically avoid decisions?** (Your circling style from Day 3)

**What does fear sound like in your head?** (The disguises from Day 5)

**What has indecision already cost you?** (Your graveyard from Day 6)

**What decisions are currently draining you?** (Your audit from Day 4)

This is your decision profile. This is who you've been around decisions.

It doesn't have to be who you stay.

**Today's Exercise:** Write a one-paragraph summary of your relationship with decisions. Be honest and specific.

Example: "I avoid decisions by researching endlessly. My fear tells me I need 'more information' when really I'm scared of commitment. This has cost me [specific things]. Currently I'm carrying about [number] open decisions that are draining my energy."

This is your baseline. In three weeks, you'll write another one and compare.

## What Changes Next Week

Week 1 was about seeing. Week 2 is about speed.

You'll learn to make small decisions quickly. Not because quick is always better, but because practicing speed builds the muscle.

Most decisions don't deserve the time you give them. Next week, you'll learn to give them less.

## The Three Small Decisions

Remember Day 4? You listed all your open decisions and I suggested picking three small ones you could close immediately?

Today's the day.

Look at your list. Find three decisions that:

- Have been sitting there for more than a week
- Don't actually need more information
- Are small enough that the wrong choice won't ruin anything

**Tip:** Don't overthink the three you pick. That would be ironic. Just grab three and decide them. Today. Before bed.

## The Week 1 Commitment

Make those three decisions right now. Actually make them.

- If it's scheduling something, schedule it.
- If it's saying yes or no to someone, message them.
- If it's canceling something, cancel it.
- If it's buying something, buy it.
- If it's not buying something, delete it from your cart.

Three loops closed. Three background apps quit. Three small proofs that you can decide.

## How Does It Feel?

After you make those three decisions, notice how you feel.

Probably lighter. Probably relieved. Maybe a little nervous about one of them.

That's all normal. The important thing is: you did it. You decided.

That's the muscle we're building. And you just flexed it.

## Entering Week 2

You've done the hard work of awareness. You know your patterns now. You've seen clearly.

Next week is about action. About building speed. About proving to yourself that you can decide quickly and survive.

Day 8 puts the Five-Minute Rule into practice. No more theory. Just doing.  
Rest up. You've earned it.  
But first — make those three decisions.

**Try Commit for this:** Before starting Week 2, tell the app what you learned about yourself this week. “My circling style is [blank]. My fear sounds like [blank]. This week I learned that [blank].” Sometimes articulating it cements it.

“*Knowing and not doing is the same as not knowing.*”



WEEK

2

SPEED

*Days 8-14: Build Your Muscle*

## Day 8: The 5-Minute Rule in Practice

Welcome to Week 2. This week is about speed.

Today you learn the rule that will change how you handle 90% of your decisions.

### Today's Lesson

Most decisions don't deserve more than five minutes.

That sounds aggressive. It's not. Think about what five minutes actually contains:

- One minute to frame the decision clearly
- Three minutes to consider options, listen to your gut, weigh what matters
- One minute to decide

For most of life's choices, that's enough. More than enough.

The extra hours and days you spend? That's not thinking. That's anxiety running in circles.

**Wave Wisdom:** In surfing, you read a wave in seconds. Am I in position? Is this wave good? Paddle or pass? If you hesitated like you do with life decisions, you'd never catch anything.

### What Counts as a Five-Minute Decision

Almost everything qualifies:

- What to eat
- What to wear
- Whether to attend something
- How to reply to most messages
- Small purchases
- Scheduling decisions
- "Should I do this now or later?"
- Most "yes or no" questions

If you're spending more than five minutes on these, you're treating them like they're bigger than they are.

### What Doesn't Count

Some decisions genuinely need more:

- Major career moves
- Relationship milestones
- Large financial commitments
- Relocations
- Health decisions with real consequences

But even these need less time than you think. And many decisions that feel like this category are actually small decisions wearing disguises.

**Tip:** Ask yourself: "Will I remember this decision in five years?" If no, it's probably a five-minute decision. Stop treating it like it's defining your life.

## How to Actually Use It

Set a literal timer. I'm serious.

When you face a decision and catch yourself starting to circle:

1. Notice: "I'm about to overthink this"
2. Set a timer for 5 minutes
3. Spend minute 1 writing down what you're actually deciding
4. Spend minutes 2-4 thinking about it (really thinking, not scrolling or researching)
5. Minute 5: Decide
6. When timer goes off: Done. Execute.

The first few times feel uncomfortable. Your brain will protest. "But I need more time!" You don't. You want more time because deciding is uncomfortable. That's different.

**Today's Exercise:** Today, make at least three decisions using a literal 5-minute timer.

Not big ones — just three decisions you'd normally let sit or debate with yourself about.

Set the timer. Decide within the window. Notice how it feels.

Write down what you decided and how long you would have spent without the timer.

## The False Belief About Time

You believe more time leads to better decisions.

For some decisions, that's true. For most, it's not.

Research shows that for everyday decisions, your first instinct is usually right. Extended deliberation often makes choices worse, not better — you second-guess good intuitions and talk yourself into complications.

The extra time isn't making your decision better. It's making you more anxious about making it.

## Why This Works

The five-minute rule works because it does three things:

1. **Creates urgency** — Deadlines focus the mind. Without one, you'll circle forever.
2. **Builds trust** — Every time you decide quickly and survive, you prove to yourself that you can. That proof accumulates.
3. **Saves energy** — Quick decisions don't drain your mental reserves. You have more left for the things that matter.

## The Discomfort Is the Point

The timer will feel like pressure. Good.

That pressure is what you need to break the circling pattern. The pressure isn't hurting you. The endless, comfortable deliberation is.

Five minutes of focused discomfort beats five days of low-grade anxiety every time.

## This Week's Practice

Days 8-14 are all about building decision speed. Each day will give you a new technique.

By the end of the week, you'll be someone who decides quickly by default — not because you're reckless, but because you've built the muscle.

Today, the timer. Tomorrow, the coin.

Make those three timed decisions today. Notice how quick you can actually be when you commit to it.

**Try Commit for this:** Set a 5-minute timer, open the app, and tell it the decision you're making. Let it help you think it through within the window. When the timer ends, tell it what you decided.

## Day 9: Coin Flip Clarity

You don't need the coin to decide. You need it to reveal what you already know.

### Today's Lesson

Here's the technique I use more than any other:

When you're stuck between two options, flip a coin.

Not because the coin knows the answer. Because your reaction to the result does.

Coin says heads — you feel relieved or disappointed?

That feeling, right there, is your answer.

The coin didn't decide. It forced you to face what you already knew.

**Wave Wisdom:** Your gut makes the decision before your brain knows it. The coin flip just surfaces what's already true. It's an emotional X-ray.

### Why This Works

When the coin lands, something happens in your body before your brain processes it.

A tiny flash of disappointment. Or a small wave of relief.

That's your gut — the one doing millions of calculations based on everything you know, feel, and want — showing you the answer.

If you were truly undecided, the coin landing either way would feel neutral. It never does. There's always a lean.

The coin doesn't create the lean. It reveals it.

### How to Do It Properly

This isn't superstition. It's a diagnostic tool. Here's the method:

1. **Name the decision clearly.** "Should I take this job?" Heads = yes, tails = no.
2. **Actually flip.** Don't just imagine it. The physical act matters. It creates a real moment of truth.
3. **Watch your body, not your thoughts.** In the split second after the coin lands, before you start rationalizing, what do you feel? That's the data.

4. **Don't follow the coin blindly.** The coin's job was to surface your preference. Now you have information. Use it.
5. **If you feel nothing, flip again.** Sometimes the first flip doesn't trigger anything. Flip again. Eventually, one result will feel better than the other.

**Today's Exercise:** Find a decision you've been going back and forth on. Something that feels like a genuine 50/50.

Assign heads to one option, tails to the other.

Flip the coin. Watch your reaction before your brain kicks in.

Write down: What did the coin say? What did you feel? What does that tell you?

## When the Coin Says What You Don't Want to Hear

Sometimes the coin lands and you feel disappointed.

You flip again, hoping for the other result.

That's information too. The fact that you're disappointed tells you what you wanted. The fact that you want to flip again tells you which option you're hoping for.

Don't fight this. Use it.

**Tip:** If you flip and immediately think "best two out of three," the coin already told you what you want. It's the other result.

## The Limitations

The coin flip works for:

- Binary decisions (this or that)
- Decisions where you're genuinely torn
- Decisions where the stakes are relatively balanced

It doesn't work well for:

- Decisions with more than two options
- Decisions where the stakes are wildly different
- Decisions that require more information (not more thinking – actual information)

Use it for the decisions that are genuinely about which option you prefer, not which option is objectively better.

## The Deeper Lesson

The coin flip teaches you something important: you usually know what you want.

You've just learned to distrust yourself. Learned to override your instincts with "rational analysis." Learned to dismiss gut feelings as unreliable.

They're not unreliable. They're the most reliable thing you have. Your gut is processing vastly more data than your conscious mind can handle.

The coin flip is training wheels for trusting your gut. Eventually, you won't need the coin. You'll just feel the lean and follow it.

## Try It Today

Think of a decision you've been debating.

It might feel important. It probably isn't as important as you're making it.

Flip a coin.

See what happens in your body.

Follow that, not the metal.

**Try Commit for this:** Before you flip, tell the app what you're deciding. After you flip, tell it the result and how you felt. "The coin said yes. I felt disappointed." The act of articulating helps you see clearly.

## Day 10: First Thought, Best Thought

Your first instinct is usually right. The problem is everything that comes after.

### Today's Lesson

When you first hear a question, something happens in your mind.

Before the analysis kicks in. Before the second-guessing starts. Before the pros and cons and "what ifs."

There's a flash. A knowing. A direction.

That's your first thought. And for most decisions, it's your best thought.

Everything after is usually just noise dressed as wisdom.

**Wave Wisdom:** Your gut speaks first and speaks quietly. Then your fear speaks louder and doesn't shut up. Learning to catch the first thought before fear drowns it out is a superpower.

## The Science of It

Your brain processes information in layers.

The fast layer — intuition — draws on everything you've ever learned and experienced. It synthesizes massive amounts of data in milliseconds.

The slow layer — deliberation — processes sequentially, consciously, carefully. It's good for math problems and spreadsheets.

For life decisions, the fast layer is usually better. It sees patterns your conscious mind can't articulate.

But we've been trained to trust the slow layer more. "Think it through." "Be rational." "Don't be impulsive."

So we override our first thought with endless deliberation. And often talk ourselves out of what was already the right answer.

## Catching the First Thought

The first thought happens fast. Blink-and-you'll-miss-it fast.

Here's how to catch it:

- 1. Notice the moment before analysis** — When faced with a decision, there's a fraction of a second before your brain kicks into deliberation mode. That's where the first thought lives.
- 2. Ask quickly and listen** — When considering something, ask yourself "Yes or no?" and pay attention to what happens in the first half-second. Not what you think you should feel. What you actually feel.
- 3. Write it down before thinking** — When facing a decision, write "My gut says..." and complete the sentence without pausing to think. Whatever comes out is the first thought.
- 4. Trust the lean** — Your body often knows before your brain. Do you lean toward one option physically? Does one make your chest feel lighter?

**Today's Exercise:** Right now, think of a decision you're facing.

Without deliberating, complete this sentence in writing: "My gut says..."

Don't edit. Don't think. Just write what comes.

Now: notice how quickly your brain wants to argue with what you wrote. That's the second thought trying to override the first.

## When First Thought Is Wrong

First thought isn't always right. Nothing is.

But here's the thing: deliberation isn't more reliable. Studies show extended deliberation often leads to worse decisions for complex choices, not better.

So if first thought has a 70% success rate, and deliberation has a 65% success rate, and first thought takes seconds while deliberation takes days...

The math is clear.

**Tip:** First thought is most reliable for decisions involving people, situations, and things you have experience with. It's less reliable for decisions requiring calculation or specialized knowledge you don't have.

## The Override Problem

The real problem isn't that first thought is wrong sometimes.

The real problem is that you override it even when it's right.

You know the relationship isn't working, but you talk yourself into giving it more time.

You know you should take the job, but you research yourself into paralysis.

You know you don't want to go to that event, but you convince yourself you "should."

First thought knew. You overrode it. Months later, you're doing what first thought said anyway, just with extra suffering in between.

## Practice Today

Today, catch your first thoughts and follow them.

Not on big life decisions. On small stuff.

Someone invites you somewhere — what's your first thought? Follow it.

You see something you might want to buy — first thought? Follow it.

A task comes up — do it now or later? First thought.

Build the muscle of trusting yourself quickly. The big decisions become easier when the small ones are automatic.

## The Long Game

Eventually, first thought becomes second nature.

You won't need to consciously catch it. You'll just decide quickly because you've learned to trust the initial lean.

That's what this week is building. Not recklessness — responsiveness. The ability to hear your gut and follow it before fear gets a chance to argue.

**Try Commit for this:** Ask it a decision question and type your first-thought answer without deliberating. Then ask "Is my gut right about this?" See if articulating it helps you trust it.

## Day 11: Deadline Everything

Decisions without deadlines don't get made. They just get circled.

### Today's Lesson

Parkinson's Law says work expands to fill the time available.

Same with decisions. A decision with no deadline will take as long as you let it. Which is forever.

Want to decide faster? Give yourself less time.

Not fake deadlines. Real ones. Ones that actually matter. Ones you actually keep.

**Wave Wisdom:** A wave doesn't wait for you to be ready. It comes, and you either paddle or you don't. Life decisions need the same urgency, even when no one's imposing it but you.

### Why Deadlines Work

Deadlines create three things your circling brain needs:

**Urgency** — Without a deadline, there's always tomorrow. Tomorrow becomes next week. Next week becomes "when I feel ready." Ready never comes.

**Focus** — A deadline forces you to prioritize. What actually matters for this decision? When you have unlimited time, everything seems relevant. When you have 48 hours, you cut to what's essential.

**Permission** — A deadline gives you permission to stop deliberating. "I had until Friday. It's Friday. Time to decide." Without that permission, you never stop gathering information.

## How to Set Real Deadlines

The key word is real. Fake deadlines don't work because you know they're fake.

**Make them specific.** "I'll decide soon" isn't a deadline. "I'll decide by 5pm Friday" is.

**Write them down.** Deadlines in your head don't count. Put them in your calendar. Tell someone.

**Add stakes.** What happens if you miss the deadline? If nothing, it's not a real deadline. Maybe you commit to telling someone your decision. Maybe you donate money if you don't decide in time.

**Make them appropriate.** A minor decision deserves hours, not weeks. A major decision deserves days, not months. Most people give too much time, not too little.

**Today's Exercise:** Take the three biggest open decisions from your Day 4 energy audit.

For each one, set a deadline. Not a fake one — a real one.

Put them in your calendar right now. Write them somewhere you'll see them.

Make the deadlines uncomfortable. If your gut says two weeks, make it one. You can do this faster than you think.

## The Deadline Categories

Here's a rough guide:

### 24 hours or less:

- What to eat, wear, do today
- Scheduling decisions
- Responses to most messages
- Small purchases
- Whether to attend something

### 48-72 hours:

- Medium purchases
- Social commitments weeks out
- Work decisions that affect only you
- Personal projects to start or quit

### 1 week:

- Significant purchases
- Career decisions within your current situation
- Relationship conversations (not decisions about the relationship itself)
- Travel decisions

### 2-4 weeks:

- Major career moves
- Relationship milestone decisions
- Large financial decisions
- Relocations

**Nothing should take longer than a month.** If you've been "thinking about it" for more than a month without new information coming in, you're not thinking. You're avoiding.

**Tip:** When in doubt, cut your deadline in half. You have more ability to decide quickly than you think. You've just never tested it.

## The Soft Deadline Trap

"I'll try to decide by Friday."

That's not a deadline. That's a wish.

Try becomes maybe becomes probably not becomes indefinitely.

Say "I will decide by Friday." Remove the wiggle room. Make it a commitment, not an intention.

## What Happens at the Deadline

When the deadline arrives and you haven't decided, you decide anyway.

Pick the option that feels least wrong. Pick the one your gut leans toward. Pick the one a wise friend would choose. Pick randomly if you truly can't tell.

But pick.

The decision at the deadline, even if it's not perfect, is better than no decision past the deadline. At least you're moving forward. At least the loop is closed.

## Living with Urgency

This isn't about stress. It's about momentum.

Decisions with deadlines get made. Decisions without deadlines rot.

You can either live with the chronic low-grade stress of circling forever, or the brief acute stress of a deadline. The deadline stress ends. The circling doesn't.

Choose the deadline.

**Try Commit for this:** Tell it your decision and your deadline. "I need to decide about [X] by [date]." Let it help you think through it with urgency, not endlessly.

## Day 12: Small Decisions, Big Impact

Your relationship with small decisions predicts your relationship with big ones.

Today we practice on the small stuff.

### Today's Lesson

If you can't decide where to eat dinner quickly, you're not going to decide where to live quickly.

The muscle is the same. The habit is the same. The fear is the same.

Small decisions are practice. Every time you waffle over what to order, you're training yourself to waffle. Every time you agonize over which movie to watch, you're strengthening the agonizing muscle.

And every time you decide quickly about something small, you're training yourself to decide quickly about everything.

**Wave Wisdom:** Small decisions are reps. Every quick choice is a rep. Every drawn-out deliberation is a rep too — for the wrong muscle.

## The Small Decisions You're Probably Overthinking

**What to eat** — It's one meal. You'll eat again in a few hours. Pick something. If it's bad, you'll know for next time.

**What to wear** — Unless you're meeting the Queen, it doesn't matter as much as you think. Pick something appropriate and move on.

**What to watch** — You can always stop watching if you don't like it. Just pick.

**Which route to take** — They'll both get you there. Pick one. If it's slower, you'll know for next time.

**What to do this weekend** — Most options are fine. Pick one and commit.

**Whether to buy that small thing** — Under fifty dollars? If you want it, get it. If you're not sure, don't. But decide now.

**How to respond to that message** — Write something reasonable. Send it. Don't draft and redraft for 20 minutes.

You'd be amazed how much mental energy these tiny decisions consume when you let them.

## The 30-Second Rule

For decisions that won't matter in a week: 30 seconds max.

Not thinking about it for 30 seconds. Actually deciding in 30 seconds.

Where to eat? 30 seconds.

Which coffee shop? 30 seconds.

What to reply to that casual text? 30 seconds.

Just pick. The difference between options is almost always smaller than you're making it.

**Today's Exercise:** Track your small decisions today. Every time you notice yourself deliberating about something minor, set a 30-second mental timer.

30 seconds, then decide. No matter what.

Count how many small decisions you make this way. Aim for at least ten.

Notice: does anything bad happen? Does the world end because you picked the "wrong" sandwich?

## The Hidden Cost of Small-Decision Waffling

Every small decision you waffle on costs you:

**Time** — Obviously. Even 2 extra minutes per decision adds up when you face dozens daily.

**Energy** — Decision fatigue is real. Every decision, no matter how small, depletes your cognitive resources.

**Confidence** — When you can't decide what to eat, you teach yourself that you can't trust your judgment. That compounds.

**Training** — You're practicing indecision. Getting better at it. Building the circling habit.

None of these costs are huge individually. But they accumulate. And they set you up to waffle on the big stuff too.

**Tip:** Make your small decisions automatic. "If I don't know what to eat, I get [go-to order]." "If I can't decide what to wear, I pick [default outfit]." Remove decisions where possible; speed up the rest.

## The Privilege of Small Stakes

Here's the gift of small decisions: they're low-stakes practice.

If you mess up what to order for lunch, who cares? You can order something different tomorrow.

Use this. Take risks with small decisions. Decide fast even when you're not sure. Let yourself be "wrong" about the little stuff.

Because here's what you'll learn: being "wrong" about small things almost never matters. And that truth — that imperfect decisions are fine — transfers to the bigger stuff too.

## Build the Muscle

Every quick small decision strengthens your ability to decide.

Every lingering small decision weakens it.

Today, choose strength. Make small decisions fast, without drama, without second-guessing.

Tomorrow we'll tackle "good enough." But first, rack up some quick-decision reps.

**Try Commit for this:** When you catch yourself deliberating over something small, tell the app what you're stuck on. Ask for a quick take. Often an outside perspective breaks the loop instantly.

## Day 13: The "Good Enough" Principle

You're not looking for the perfect option. You're looking for a good enough option.

The search for perfect is what's keeping you stuck.

### Today's Lesson

Perfectionism is indecision in a nice outfit.

"I want to make sure I choose the best one" sounds reasonable. It's not. It's a recipe for never choosing at all.

Here's the truth: for most decisions, the difference between options is smaller than it seems. The "best" choice and the "good enough" choice often have outcomes within a few percentage points of each other.

But the cost of searching for "best" versus accepting "good enough"? Enormous.

Days of research. Weeks of deliberation. Months of circling. For a marginally better outcome at best. That's a bad trade.

**Wave Wisdom:** The surfer who catches a good wave and rides it beats the surfer still floating, waiting for the perfect one. By the time perfect comes — if it ever does — you've missed everything else.

## What “Good Enough” Actually Means

Good enough doesn't mean settling. It means recognizing reality.

**Good enough means:** An option that meets your core criteria and won't blow up in your face.

**Good enough doesn't mean:** Accepting something that's actually bad, or ignoring real red flags.

The difference is important. Good enough isn't the opposite of good. It's the opposite of perfect.

## The Maximizer Trap

Researchers have a name for people who always need the best option: maximizers.

And they've found that maximizers are, on average, less happy than “satisficers” — people who find something good enough and move on.

Why? Because maximizers:

- Spend more time and energy deciding
- Second-guess their choices more
- Always wonder if they could have done better
- Feel regret even after good outcomes

Meanwhile, satisficers decide faster, stress less, and end up just as satisfied with their choices.

The maximizer's search for better costs them the happiness they were chasing.

**Today's Exercise:** Think of a decision you're deliberating over.

Write down your core criteria — the 2-3 things that actually matter for this decision.

Now look at your options. Does any of them meet those core criteria?

If yes, that's your answer. The option doesn't need to be best. It needs to be good enough.

If multiple options meet the criteria, pick one. Literally any one that qualifies.

## When Perfect Is Worth It

Sometimes perfect matters. When?

**Irreversible decisions with huge stakes.** Surgery. Life partner. Major investments.

**Decisions where expertise exists.** Math has right answers. So do some technical questions. Seek correct, not just good enough.

**Decisions where small differences compound massively.** The 1% better investment, over 30 years, could matter a lot.

But most of life isn't this. Most of life is choosing between adequate options where the difference is marginal and the search cost is real.

For those decisions — most decisions — good enough wins.

**Tip:** Before any decision, ask: “Is this a ‘good enough’ decision or a ‘perfect actually matters’ decision?” Be honest. Most decisions are the first kind.

## The Reversibility Factor

Here's a frame that helps:

**If you can reverse it easily, good enough is obviously fine.** Bad restaurant choice? Eat somewhere else next time. Bad purchase under fifty dollars? Return it or eat the loss. Bad Netflix pick? Turn it off.

**If you can reverse it with effort, good enough is probably fine.** Job not great? You can get another one. Apartment not ideal? Move when the lease ends.

**If you truly can't reverse it, maybe deliberate more.** Tattoos. Children. Certain contracts.

Most things are more reversible than they feel in the moment. The feeling of permanence is often fear lying to you.

## Liberation

Accepting good enough is liberation.

It frees you from the endless search. From the comparison trap. From the exhausting pursuit of optimal.

It lets you decide, move forward, and spend your precious energy on living instead of choosing how to live.

Perfect is the enemy of good. And good is usually good enough.

**Try Commit for this:** Ask “Is any option I’m considering good enough for [your decision]?” If the answer is yes — and it usually is — ask “Then why am I still deliberating?”

## Day 14: Week 2 Reflection

You've spent a week building your quick-decision muscle.

Let's see what changed.

### What You Practiced

**Day 8:** The 5-minute rule — most decisions deserve minutes, not days

**Day 9:** Coin flip clarity — revealing what your gut already knows

**Day 10:** First thought, best thought — trusting the initial lean

**Day 11:** Deadline everything — creating urgency where none exists

**Day 12:** Small decisions, big impact — practicing on the little stuff

**Day 13:** Good enough — liberation from the perfection trap

Each one is a tool for speed. Each one challenges the belief that more time means better decisions.

**Wave Wisdom:** Speed isn't recklessness. It's trust. You've been practicing trusting yourself to decide without endless deliberation. That's the real skill.

## Progress Check

Some honest questions:

**Are you deciding faster?** Not just small stuff — have you noticed quicker processing even on medium decisions?

**Are you circling less?** When you catch yourself in the loop, can you break out faster?

**What's your default now?** When a decision comes up, is your instinct still to deliberate endlessly, or do you feel a pull toward deciding?

**What still trips you up?** Which decisions are still sticky? What patterns are you still fighting?

**Today's Exercise:** Write a one-paragraph update on your relationship with decisions.

Compare it to what you wrote at the end of Week 1.

What's different? What techniques from this week resonated most? What still needs work?

Be specific. "I'm better at small decisions now but still struggle with anything involving other people" is more useful than "I think I'm improving."

## The Techniques That Stuck

Not every technique works for everyone.

Maybe the timer feels artificial to you, but the coin flip is revelatory.

Maybe "good enough" clicked instantly, but you're still working on first thought.

That's fine. This week was a buffet. Take what works, leave what doesn't.

But don't abandon something just because it was uncomfortable. Uncomfortable might mean it's exactly what you need.

**Tip:** Your least comfortable technique from this week might be your most important one. The resistance is often pointing at the growth.

## Decision Count

Let's get concrete.

How many decisions did you make this week that would have taken longer two weeks ago?

Think through each day. The small stuff you didn't waffle over. The medium stuff you gave deadlines. The things you decided in five minutes instead of five days.

That's the muscle in action. That's progress.

## What's Coming

Week 3 is Courage.

Speed is about the how. Courage is about the what.

You'll tackle decisions you've been avoiding. Conversations you've been putting off. Commitments you've been circling for too long.

It's harder. It's also more rewarding.

You've built the muscle to decide quickly. Now you'll use it on the things that actually scare you.

## This Weekend

Before Week 3 begins:

**Clear three more loops.** Small or medium decisions that have been sitting. Use the techniques from this week. Get them done.

**Identify the scary ones.** What decisions are you avoiding because they're hard, not because they're complex? Make a list. We'll need it Monday.

**Rest and reset.** Two weeks of decision work is a lot. Let it integrate.

## The Halfway Point

You're halfway through.

Two weeks ago, you started this journey not knowing your patterns. Now you've seen them clearly and started changing them.

Two more weeks and you'll have a complete system for decisions. Not just awareness and speed, but courage and integration.

Keep going. The second half is where it gets real.

**Try Commit for this:** Tell the app what you've learned about yourself these first two weeks. "The biggest shift so far has been..." Sometimes articulating progress is what cements it.

*"Speed is a habit. So is hesitation. This week you practiced speed. Next week you practice courage."*



WEEK

3

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COURAGE

*Days 15-21: Face the Hard Stuff*

## Day 15: Say No to One Thing Today

Welcome to Week 3. The week of courage.

We start with the most underrated decision skill: saying no.

### Today's Lesson

Every yes is a no to something else.

Every time you agree to something you don't want to do, you're saying no to something you could have done instead. Your time. Your energy. Your peace.

People who can't say no aren't agreeable. They're avoiding the discomfort of disappointing someone.

That's not kindness. It's cowardice dressed as politeness.

**Wave Wisdom:** Saying no is a decision. Maybe the most important one. It protects your time, your energy, and your ability to say yes to what actually matters.

### Why No Is So Hard

Saying no triggers fear.

Fear of conflict. Fear of being disliked. Fear of missing out. Fear of being selfish.

So we say "maybe" or "let me think about it" or just a weak yes we don't mean.

And then we resent the commitment. Or we flake. Or we show up with half our energy because we never wanted to be there in the first place.

A clear no would have been kinder. For them and for you.

### The Hidden Costs of Yes

Every unnecessary yes costs you:

**Time** — The obvious one. Hours doing what you didn't want to do.

**Energy** — Not just during the thing, but before (dreading it) and after (recovering from it).

**Integrity** — Every time you say yes when you mean no, you teach yourself that your preferences don't matter.

**Better opportunities** — That yes blocked a potential yes to something you actually wanted.

**Relationship quality** — Resentful participation is worse than honest absence.

**Today's Exercise:** Today, say no to one thing you would normally say yes to out of obligation or fear of disappointing someone.

It doesn't have to be big. Decline an invitation. Turn down a request. Pass on something you were going to reluctantly agree to.

Just one clear, honest no.

Notice how it feels. Notice that the world doesn't end.

## How to Say No Well

No doesn't have to be harsh. It can be kind, clear, and complete.

**"Thanks for thinking of me, but I can't."** — No reason needed.

**"That doesn't work for me, but I hope it goes well."** — Honest and warm.

**"I'm going to pass, but let me know how it goes."** — Clear without burning bridges.

What to avoid:

**"Maybe"** — When you mean no. This just delays the disappointment and keeps you on the hook.

**Long explanations** — You don't owe anyone a detailed justification. Reasons invite negotiation.

**"I'll try"** — When you know you won't. Just say no.

**Tip:** The shorter your no, the stronger it is. "I can't" is harder to argue with than three paragraphs of excuses. Be brief. Be clear. Be done.

## The Guilt That Follows

You'll feel guilty. That's normal.

The guilt is just the discomfort of breaking a people-pleasing pattern. It's not evidence that you did something wrong.

Sit with the guilt. Let it pass. It will.

What won't pass is the resentment from saying yes when you meant no. That lingers. That builds.

The guilt of no is brief. The cost of unnecessary yes is ongoing.

## One No Today

That's the assignment. One no.

Find something today that you would normally agree to that you don't actually want to do. And say no.

Not "let me check my schedule." Not "I'm not sure." Just no.

One clear no is worth more than a week of thinking about boundary-setting.

Do it today. See what happens.

**Try Commit for this:** If you're struggling to say no to something, ask the app "Should I say no to [the thing]?" Sometimes outside clarity makes the obvious answer easier to act on.

## Day 16: The Conversation You're Avoiding

There's a conversation you need to have. You've been putting it off.

Today we face it.

## Today's Lesson

Avoidance is a decision. Just a bad one.

Every day you don't have the hard conversation, you're choosing to carry its weight. The anxiety. The mental rehearsals. The drain of pretending everything's fine.

The conversation itself might take 20 minutes. The avoidance takes weeks. Months. Sometimes years.

The math is terrible.

**Wave Wisdom:** The thing you're avoiding having to say — the other person probably already senses it. They're just waiting for you to say it out loud. The conversation you're dreading isn't a surprise to anyone.

## Why We Avoid

Hard conversations come with pain.

Pain of potentially hurting someone. Pain of conflict. Pain of vulnerability. Pain of finding out where you really stand.

Avoidance postpones that pain. For a moment, it feels like relief.

But the pain doesn't go away. It just stretches out. Every day you don't have the conversation, you pay a little piece of that pain.

Having the conversation is one large payment. Avoiding it is a thousand small ones that add up to more.

## The Conversation Categories

**Performance or boundary conversations at work** — "I need to talk to my manager about X."

**Relationship check-ins** — "We need to discuss where this is going."

**Friendship clarity** — "I've been hurt by something and need to address it."

**Family truth-telling** — "I've been avoiding saying something honest."

**End conversations** — "This relationship/situation needs to end and I haven't said so."

**Ask conversations** — "I need something from someone and I haven't asked."

You know which category yours falls into. You probably know exactly which person, which topic.

**Today's Exercise:** Write down the conversation you've been avoiding. Be specific.

- Who is it with?
- What needs to be said?
- How long have you been avoiding it?
- What are you afraid will happen if you have it?

Then commit: when will you have this conversation? Pick a day this week. Put it in your calendar.

## Having the Conversation

Once you've committed to having it, some guidance:

**Lead with honesty, not strategy.** Don't wordsmith it to death. Say what's true.

**Start with “I,” not “you.”** “I’ve been feeling...” is easier to hear than “You always...”

**Allow silence.** After you say the hard thing, stop. Let them process. Don’t fill the silence with backtracking.

**Accept their reaction.** They might be hurt, angry, relieved, or grateful. That’s their right. Your job was to say it, not to control how they receive it.

**Don’t apologize for honesty.** You can be sorry for impact without being sorry for speaking truth.

**Tip:** Write down what you need to say. Not as a script to read, but to clarify your thinking. What’s the essential truth you need to communicate? Get that clear before you walk in.

## The After

Here’s what usually happens after you finally have the conversation you’ve been avoiding:

Relief. Massive relief.

Even if the conversation went poorly. Even if the outcome wasn’t what you wanted. The relief of no longer carrying it is enormous.

You’ll wonder why you waited so long. They all do. Everyone who finally has the hard conversation wonders why they tortured themselves for so long beforehand.

The anticipation is worse than the thing. It always is.

## The Exception

One exception: if the conversation is with someone who’s genuinely unsafe — physically, emotionally, professionally — take care of yourself first.

Not every hard conversation should be had. Some should be skipped in favor of just leaving the situation.

But that’s rare. Most of the conversations we avoid aren’t unsafe. They’re just uncomfortable.

Uncomfortable we can handle.

## This Week

This week is about courage. Saying no. Having hard conversations. Making scary decisions.

Today, commit to the conversation. Schedule it.

Tomorrow, we tackle something you’ve been circling for too long.

**Try Commit for this:** Rehearse the conversation with the app. Tell it what you need to say. Ask how to say it clearly and kindly. Practice before the real thing.

## Day 17: Commit to Something You’ve Been Circling

There’s something you’ve been “thinking about” for too long.

Today it gets decided.

### Today’s Lesson

You have enough information. You’ve had enough for a while.

The thing you've been circling — the job question, the relationship question, the move, the project, whatever it is — you already know what you need to know.

More thinking won't help. More research won't help. More "sleeping on it" won't help.

The only thing that will help is committing.

**Wave Wisdom:** Circling is what happens when you're waiting for certainty that isn't coming. Certainty doesn't exist. Commitment does. Choose commitment.

## Pick the Thing

You know what it is.

Maybe you've been "considering" it for months. Maybe it shows up in your head every day. Maybe it's on every list of open decisions you've made during this journey.

That's the thing.

Today, you decide.

Not "lean toward." Not "probably going to." You decide. Fully. Done. Committed.

## The Decision Protocol

Here's how we're doing this:

- 1. Name it clearly.** Write down the decision in one sentence. "Should I [X] or [Y]?" Make it binary if possible.
- 2. Acknowledge the fear.** What are you scared of? Write that down too. Don't fight the fear. Just see it.
- 3. Ask: Will more time help?** Be honest. Is there any piece of information you could get in the next month that would make this clearer? If yes, go get it. If no, move on.
- 4. Choose.** Right now. Which one? Trust your gut. Pick.
- 5. Declare it.** Say it out loud. Write it down. Tell someone. Make it real.
- 6. Act.** Within 24 hours, take one action that makes the decision concrete. Send the email. Make the call. Tell the person. Buy the thing.

**Today's Exercise:** Do the decision protocol right now.

Take that thing you've been circling. Run it through all six steps.

By the end of this exercise, you should have a decision and a first action scheduled.

No hedging. No "I think I'll probably..." Just a decision.

## The Relief Is Coming

I know this feels hard. Maybe even impossible.

But here's what's on the other side: relief.

The weight you've been carrying — the mental load of the open decision — drops away the moment you commit.

Even if you're not sure you made the right call. Even if you're scared. The relief of commitment is immediate and real.

You've been carrying this for too long. Put it down.

**Tip:** Tell someone today. Not just anyone — tell someone who matters, someone who will remember. Making the decision public makes it stick.

## What If You Choose Wrong?

You might.

But here's what you're not seeing: staying stuck is also a choice. It's the choice to keep circling, keep draining energy, keep living in uncertainty.

A wrong choice that you learn from beats an unmade choice that teaches you nothing.

And honestly? The thing you've been circling for months? By now you probably know the right answer. You're not struggling because it's unclear. You're struggling because it's hard.

Hard doesn't go away with more thinking. Hard goes away when you walk through it.

## After Today

Once you've committed:

**Don't relitigate.** The decision is made. Stop running the alternatives. You'll be tempted to keep thinking about it. Don't.

**Take the first step immediately.** Action cements commitment. Don't let the decision sit.

**Accept the discomfort.** Commitment feels scary at first. That's normal. It doesn't mean you chose wrong.

The circling is over. You're moving forward now.

**Try Commit for this:** Tell the app your decision. "I've decided to [X]." Then ask: "What's my first action to make this real?" Let it help you execute.

## Day 18: Let Go of a Sunk Cost

You're holding onto something because of what you've already invested.

That's a trap. Today we get out.

### Today's Lesson

Sunk costs are gone. They're not coming back.

The money you spent, the years you invested, the effort you put in — it's done. Whether you continue or quit, that investment doesn't return.

And yet we keep going.

"I've already put so much into this relationship."

"I've been at this job for years."

"I've spent so much money on this project."

None of that is a reason to continue. The only question that matters is: moving forward, what's the best choice?

**Wave Wisdom:** The water that's already flowed over the falls can't be caught. Don't keep standing at the edge hoping it'll come back. Decide based on the water that's still coming.

## The Sunk Cost Fallacy

Economists have a name for this: the sunk cost fallacy.

It's the irrational tendency to continue something because of past investment, even when quitting is clearly better.

We do it because admitting something was a waste feels like admitting we were wrong. Our ego can't handle it. So we throw more time, money, and energy at the thing, hoping to redeem what's already lost.

It never works.

The only thing worse than wasted years is wasted years plus more wasted years.

## Where Sunk Costs Hide

**Relationships:** "We've been together so long..." — Time invested is not a reason to stay with someone who's wrong for you.

**Careers:** "I've built my whole career in this field..." — Past effort doesn't obligate future suffering.

**Projects:** "I've put so much into this already..." — Effort invested doesn't make a bad idea good.

**Purchases:** "I spent so much on this..." — The money's gone whether you use it or not.

**Degrees/Training:** "I studied for years to do this..." — Education isn't a prison sentence.

**Lifestyle:** "I've always done it this way..." — Habit isn't obligation.

What's your sunk cost? What are you continuing because of what you've already spent?

**Today's Exercise:** Identify one thing in your life you're continuing primarily because of past investment.

Ask yourself: If I hadn't already invested this time/money/effort, would I start this today?

If the answer is no — if you wouldn't start it fresh today — then the only reason you're continuing is sunk cost.

That's the thing to let go of.

## The Clean Slate Test

Here's how to see past sunk costs:

Imagine you woke up today with no history. No past investment. Just the situation as it is now.

Would you choose to enter this relationship?

Would you choose to take this job?

Would you choose to pursue this project?

If the answer is no, then past investment is the only thing keeping you in. And past investment is gone.

**Tip:** The question isn't "Should I quit given everything I've put in?" The question is "Should I continue given where things are now?" They're different questions with different answers.

## The Courage to Let Go

Letting go of a sunk cost takes courage.

It means admitting you made a mistake. Or that circumstances changed. Or that younger you didn't know what you know now.

That's okay. Everyone gets things wrong. Everyone invests in things that don't pan out.

The mistake isn't the failed investment. The mistake is continuing to invest when you know it's failing.

Cut your losses. Move on. The resources you're still putting into this? Those can go somewhere better.

## Making the Cut

Today, decide to let go of something you've been holding onto because of sunk costs.

Not just acknowledging it intellectually. Actually deciding to end it, release it, quit it.

Maybe it's a small thing — a subscription you're keeping because you paid for it, a book you're finishing because you started it, a project you're maintaining because you began it.

Maybe it's a big thing. Only you know.

Either way: cut it today.

**Try Commit for this:** Ask "Am I staying in [the thing] because of sunk costs?" If the answer is yes, ask "What would letting go actually look like?" Sometimes seeing the path makes it walkable.

## Day 19: Make a Decision That Scares You

Not all decisions are equal. Some require more than speed or technique.

Some require courage.

Today you make one of those.

## Today's Lesson

Fear is information. It tells you this decision matters.

But fear isn't permission to freeze. The decisions that scare you most are usually the ones that matter most. Avoiding them doesn't make them go away. It makes them bigger.

The only way through fear is through fear.

**Wave Wisdom:** The wave that scares you a little is usually the one that teaches you the most. If you only catch the safe ones, you never grow.

## The Scary Decision

You know what it is.

It's been following you through these pages. Every time I mention "the decision you're avoiding," it pops into your head.

Maybe it's a career leap. Maybe it's ending something. Maybe it's starting something. Maybe it's having a conversation that changes everything.

Whatever it is, it scares you. And that's exactly why we're facing it today.

## Why We Avoid Scary Decisions

**Fear of regret:** "What if I make the wrong choice?"

**Fear of pain:** "This is going to hurt."

**Fear of judgment:** "What will people think?"

**Fear of loss:** "What if I lose what I have?"

**Fear of the unknown:** "I don't know what's on the other side."

All of these are real. All of them are valid feelings.

None of them are reasons to stay stuck forever.

**Today's Exercise:** Name your scary decision. Write it down.

Then write down exactly what you're scared of. What's the worst that could happen?

Now ask: Can I survive that? Could I recover from that? Would it be the end of everything, or just the end of something?

Usually, when we actually look at the fear, it's smaller than it seemed when we were avoiding looking at it.

## The Courage Equation

Here's a truth that changed how I think about scary decisions:

**The pain of avoidance + the pain of eventual confrontation > The pain of deciding now.**

When you avoid a scary decision, you pay the price of avoidance (the anxiety, the circling, the weight of the unmade choice) AND eventually you face the decision anyway, often under worse circumstances.

Deciding now is just the decision pain. No additional avoidance tax.

**Tip:** Ask yourself: If I avoid this decision for another year, will it get easier or harder? Usually harder. The best time to decide was earlier. The second best time is now.

## Making the Scary Decision

You don't need to feel ready. You need to decide anyway.

**Acknowledge the fear.** Don't pretend you're not scared. Say it: "I'm scared to do this."

**Accept that fear is part of it.** The goal isn't to eliminate fear. It's to act despite fear.

**Remember what you're really scared of.** Usually it's not the decision itself. It's the consequences. But consequences are coming either way. At least chosen consequences are yours.

**Commit in one moment.** Big decisions aren't about prolonged deliberation. They're about one moment of commitment. "I'm doing this."

**Act immediately.** The moment you decide, take action. Before the second-guessing starts.

## Today's Challenge

Make the decision you've been avoiding because it scares you.

Not a modified version. Not a halfway version. The actual decision.

If it's too big to execute today, then make the commitment today. Fully. Irreversibly. Then schedule the execution.

This is what courage looks like. Not feeling brave. Feeling scared and deciding anyway.

## After the Decision

Once you've made a scary decision, breathe.

You did it. The thing you thought you couldn't do, you did.

Everything on the other side is unknown. That's okay. Unknown isn't bad. Unknown is just new.

You can handle new. You've handled new before. You'll handle it again.

Welcome to the other side.

**Try Commit for this:** Tell the app the scary decision you're facing. Ask "What happens if I actually do this?" Sometimes seeing the future you've been avoiding makes it less scary.

## Day 20: Trust Your Gut (Even When It's Hard)

Your gut is smarter than you give it credit for.

Today we stop overriding it.

## Today's Lesson

Your gut isn't random. It's not mystical. It's not irrational.

It's your brain doing math faster than your conscious mind can track.

It's processing millions of data points from every experience you've ever had, every conversation you've ever absorbed, every pattern you've ever noticed. And it's giving you an answer in a feeling.

When your gut says something, it knows things your conscious mind can't articulate.

Ignoring it isn't being rational. It's being arrogant about what kind of thinking counts.

**Wave Wisdom:** The ocean tells you things before you can explain them. A wave feels wrong before you can say why. Surfers who ignore that feeling get hurt. Life works the same way.

## Why We Override Our Gut

We've been taught to distrust intuition.

"That's just a feeling."

"You're being emotional."

"Think it through rationally."

So we override our gut with analysis. We make spreadsheets. We gather opinions. We research until the feeling gets buried.

And often, months later, we find out the gut was right all along.

"I knew from the start."

"Something always felt off."

"I should have trusted my instincts."

## When to Trust It

Your gut is especially reliable when:

**You have experience.** In areas where you've accumulated knowledge (even unconsciously), your gut is synthesizing that knowledge.

**It's about people.** We're wired to read people. Your gut picks up micro-expressions, tone shifts, and patterns that your conscious mind can't process.

**Something feels "off."** If something feels wrong and you can't explain why, take that seriously. Your gut might be seeing something you can't.

**The same feeling keeps returning.** When the same gut sense keeps coming back despite your attempts to rationalize it away, it's probably true.

**High-stakes situations with limited time.** When you need to decide fast and the stakes are high, your gut is often your best asset.

**Today's Exercise:** Think of three times in your life when you ignored your gut and later regretted it.

For each one, write down: What was your gut saying? How did you override it? What happened?

Now think of one decision you're facing right now. What is your gut telling you about it? Are you listening, or overriding?

## When to Question It

Your gut isn't always right. Be careful when:

**You lack experience.** In areas you don't know, your gut is just guessing.

**Strong emotions are involved.** Fear, anger, and infatuation can masquerade as gut feelings.

**Your biases are in play.** Gut feelings can carry unconscious biases. In areas where you know your biases exist, verify with data.

**You're tired or stressed.** Exhaustion makes intuition less reliable.

The goal isn't to follow your gut blindly. It's to stop dismissing it automatically.

**Tip:** Ask yourself: "Is this a gut feeling or a fear reaction?" Gut feelings tend to be quiet and persistent. Fear reactions tend to be loud and urgent. Learn the difference.

## Building Gut Trust

How do you build trust in your intuition?

**Start tracking it.** When your gut says something, note it. See how often it's right.

**Follow it on small things.** Low-stakes decisions are a good testing ground.

**Notice patterns.** When does your gut tend to be right? When does it mislead you?

**Get quiet enough to hear it.** In the noise of research, opinions, and analysis, the gut speaks softly. You have to create space to listen.

## Today's Practice

Think of a decision you're analyzing heavily right now. You've made lists. You've researched. You've asked people.

Stop for a moment.

Put down the analysis.

What does your gut say?

Not what should you do. Not what's smart. Not what people would approve of.

What does your gut say?

Write that down. Sit with it. Consider that maybe — just maybe — you've known the answer all along.

**Try Commit for this:** Ask "What is my gut telling me about [decision]?" Answer before you can overthink. The app won't judge your intuition. Neither should you.

## Day 21: Week 3 Reflection

This was the hard week. The courage week.

Let's see what you did.

### What You Faced

**Day 15:** Saying no — reclaiming your time and energy

**Day 16:** The avoided conversation — speaking what needed speaking

**Day 17:** The circled decision — finally committing

**Day 18:** Sunk costs — letting go of what was only holding you back

**Day 19:** The scary decision – acting despite fear

**Day 20:** Trusting your gut – listening to the wisdom you've been overriding

Each one required more than technique. Each one required courage.

**Wave Wisdom:** Courage isn't the absence of fear. It's the presence of action despite fear. This week, you acted. That's everything.

## The Courage Inventory

Let's take stock.

**The no:** Did you say it? To whom? What happened?

**The conversation:** Did you have it? Or schedule it? How are you feeling about it?

**The commitment:** What did you decide? Have you taken action on it?

**The sunk cost:** What did you let go of? How does the release feel?

**The scary decision:** Did you make it? Are you still scared? (That's okay.)

**The gut trust:** What did your gut tell you? Did you listen?

If you haven't done all of these, that's okay. Some take longer. But mark the ones that are still incomplete. They're your homework for this week.

**Today's Exercise:** Write a reflection on Week 3:

- What was the hardest exercise? Why?
- What are you most proud of doing this week?
- What did you learn about yourself and courage?
- What from this week still needs to be finished?

Be honest. This is for you.

## The Discomfort of Courage

This week probably didn't feel good.

Saying no feels uncomfortable. Hard conversations feel hard. Scary decisions feel scary. That's not a sign you did it wrong. That's a sign you did it right.

Comfort is staying safe. Courage is choosing discomfort because the alternative – staying stuck – is worse.

The discomfort fades. The growth stays.

**Tip:** If nothing this week felt uncomfortable, you might have played it too safe. Consider revisiting the exercises and pushing harder.

## What Changed

Compare yourself now to Day 1.

Two weeks ago, you were mapping your patterns. Learning about your circling style. Understanding your relationship with decisions.

One week ago, you were building speed. Learning to decide quickly on small things.

Now you've done the hard stuff. You've faced things you were avoiding. You've made decisions that scared you.

That's three weeks of real work. You're not the same person who started this book.

## The Final Week

Week 4 is Integration.

No more new challenges. Instead, we build systems. Morning rituals. Evening reviews. Structures that make decisive action your default, not your exception.

We're taking everything you've learned and making it stick.

## The Week 3 Commitment

Before Week 4 begins:

**Complete any unfinished exercises.** If you haven't said the no, had the conversation, made the commitment — do it before Monday. Don't carry it into the final week.

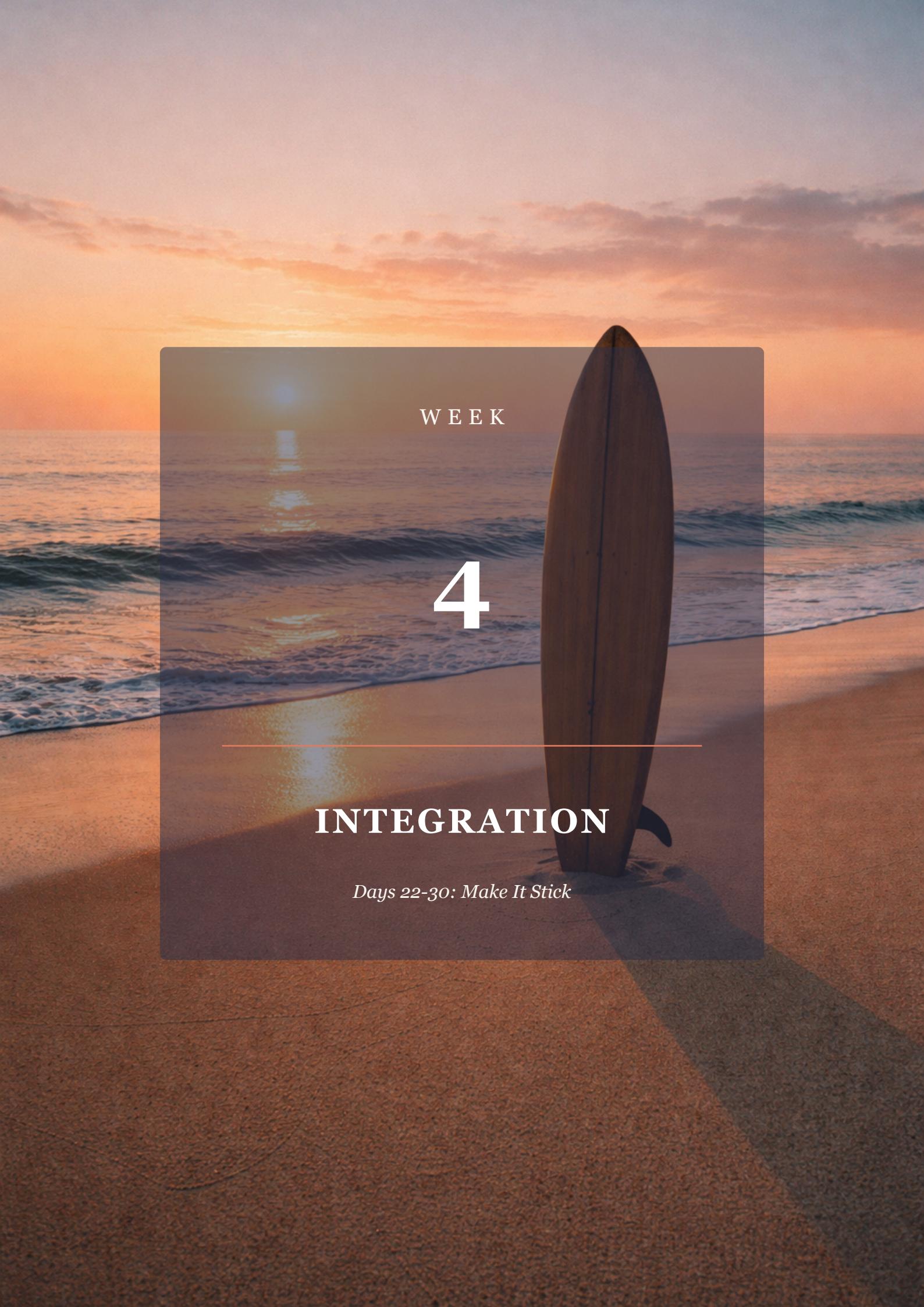
**Reflect on what courage cost.** And what it gained. Write it down. You'll want to remember this later.

**Rest.** This was intense. Take care of yourself this weekend. You've earned it.

Week 4 is about building habits. The foundation is laid. Now we build the house.

**Try Commit for this:** Tell the app what you faced this week. "This week I said no to [blank]. I had the conversation about [blank]. I committed to [blank]." Articulating your courage makes it real.

*"Courage is not the absence of fear. Courage is deciding that something else matters more than the fear."*

A photograph of a beach at sunset. The sky is filled with warm orange and pink hues. The ocean waves are visible in the background, and the sand in the foreground is bathed in the golden light of the setting sun. A single surfboard stands vertically in the sand on the right side of the frame.

WEEK

4

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## INTEGRATION

*Days 22-30: Make It Stick*

## Day 22: Your Decision System

Welcome to Week 4. The final stretch.

This week is about turning what you've learned into a system that sticks.

### Today's Lesson

Willpower fades. Systems don't.

If you rely on motivation to decide well, you'll fail on the days you're tired, stressed, or distracted. That's most days.

But if you build a system — a default way of handling decisions — it works even when you don't feel like it.

The goal of this week is to build your personal decision system. Something you can rely on for the rest of your life.

**Wave Wisdom:** Surfers don't decide how to paddle each time. They have technique baked into their muscles. Decision-making should be the same: a practiced system, not a fresh struggle each time.

### The Components of a Decision System

A good decision system has five parts:

1. **Awareness triggers** — How you notice when a decision is happening and when you're circling.
2. **Speed protocols** — Your go-to methods for quick decisions (the 5-minute rule, coin flip, first thought).
3. **Courage prompts** — How you remind yourself to face the hard decisions, not avoid them.
4. **Time boundaries** — How long different categories of decisions get.
5. **Review rituals** — How you reflect on your decisions to keep improving.

Today, we'll start building yours.

**Today's Exercise:** Create your personal Decision System Guide. Write down:

**Awareness Triggers:** "I know I'm circling when I start to ..." (from Day 3)

**Speed Protocols:** "For small decisions, I use ..." "For medium decisions, I use ..."

**Courage Prompt:** "When I'm avoiding something hard, I ask myself ..."

**Time Boundaries:**

- Small decisions: [blank] minutes max
- Medium decisions: [blank] hours/days max
- Big decisions: [blank] weeks max

This is your system. Customize it based on what you've learned works for you.

### My System

Here's mine, as an example:

**Awareness:** I know I'm circling when I start asking a third person what they think. That's my signal to stop gathering opinions and decide.

**Speed:** For small stuff, first thought wins. For medium stuff, I set a 5-minute timer. For anything binary where I'm stuck, I flip a coin.

**Courage:** When I'm avoiding something hard, I ask: "Am I being strategic or scared?" Usually it's scared. That means it's time to act.

**Time:** Small decisions get 30 seconds. Medium decisions get 48 hours. Big decisions get two weeks max. Anything over a month without new info is circling.

**Review:** Every Sunday night, I ask: "What did I avoid this week? What am I putting off until next week?" That keeps things from hiding.

That's my system. Yours will be different. Build what works for you.

**Tip:** Write your system on one page. Put it somewhere you'll see it. The simpler it is, the more likely you'll use it.

## The Power of Defaults

Here's why systems matter:

When you have a system, you don't have to decide how to decide. You just run the system.

Decision comes in → Check the category → Apply the protocol → Done.

No fresh deliberation about the process itself. No "how long should I think about this?" Just run the system.

That saves enormous mental energy. And it prevents the sneaky trick where you delay making a decision by deliberating about how to decide.

## Living by System

Starting today, start living by your system.

Every decision that comes up, run it through your protocols.

It'll feel mechanical at first. That's fine. Mechanical beats stuck.

Over time, it'll become automatic. You won't think about the system. You'll just decide, quickly and well, by default.

That's the goal. Not thinking about decisions all the time. Just making them and moving on.

**Try Commit for this:** Tell the app about your decision system. "My process for handling decisions is..." Articulating it makes it real and helps you refine it.

## Day 23: Morning Decision Ritual

How you start the day sets the tone for everything.

Today we build a morning ritual that makes you decisive from the first hour.

## Today's Lesson

Mornings are when your willpower is highest.

Your brain is fresh. Your cognitive resources are full. The day hasn't depleted you yet.

This is when you should handle decisions — especially the ones you've been avoiding.

But most people waste mornings on autopilot. Coffee, email, social media, reacting to whatever shows up. By the time they engage with decisions, they're already tired.

A morning decision ritual changes that.

**Wave Wisdom:** The first wave of the day sets your session. Catch something good early, and you're warmed up for everything that follows. Start passive, and you stay passive.

## The Morning Decision Ritual

Here's what I do. Adapt it to your life.

**5 minutes, first thing** (after coffee, before phone):

1. **Review:** What decisions am I carrying that need attention today?
2. **Prioritize:** Which one matters most? That one gets handled first.
3. **Commit:** "Today I will decide ...." Say it out loud. Write it down.
4. **Quick clear:** Any small decisions that have piled up? Handle 2-3 right now. Send the emails. Make the calls. Clear the small stuff so it doesn't clutter your brain.

That's it. Five minutes. But those five minutes change how the entire day unfolds.

**Today's Exercise:** Design your morning decision ritual.

When will you do it? (Tie it to something you already do, like morning coffee)

What three things will you review/ask yourself?

Write it down as a simple checklist. Put it where you'll see it.

Tomorrow morning, do it. Start building the habit.

## Why Mornings Work

Three reasons:

**Peak resources:** Your decision-making ability is literally better in the morning. Sleep restores what the previous day depleted.

**Proactive mindset:** Mornings let you set the agenda. You decide what matters before the world starts demanding things.

**Momentum:** A decision made early creates momentum for more decisions. A decision avoided early creates avoidance momentum.

If you're going to tackle something hard, tackle it before noon.

**Tip:** Never check email or social media before your morning decision ritual. The moment you start reacting, you lose the proactive advantage.

## The Non-Negotiable

Here's the key: make it non-negotiable.

Not "I'll try to do this most mornings." Every morning. Before anything else.

Rituals only work if they're consistent. Miss a day and you're starting over. Miss a week and you've lost the habit.

Build it in. Protect it. This is important enough to defend.

## What to Handle in Mornings

Use morning energy for:

**The decision you've been avoiding** – It won't get easier later. Handle it when you're sharp.

**The thing that scares you** – Courage is higher when you're fresh.

**The thing that requires clarity** – Complex decisions deserve peak cognitive resources.

Save afternoons and evenings for:

**Implementation** – Doing what you've already decided.

**Routine tasks** – Things that don't require fresh thinking.

**Review and planning** – Setting up tomorrow's decisions.

## Start Tomorrow

Don't wait until Monday. Don't wait until you have the perfect ritual designed.

Tomorrow morning, do something:

- Review your open decisions
- Pick one to handle today
- Clear two small ones right there

That's your seed ritual. Refine it over time. But start tomorrow.

**Try Commit for this:** Make your morning ritual include opening the app and asking "What decision am I avoiding today?" Start each day with honest clarity.

## Day 24: Evening Decision Review

Mornings are for deciding. Evenings are for reflecting.

Today we build the other half of the ritual.

### Today's Lesson

If you don't review your decisions, you don't learn from them.

Good decisions get forgotten. Bad decisions get repeated. Patterns go unnoticed.

An evening review closes the loop. It's how you learn. It's how you improve. It's how you catch yourself before slipping back into old habits.

**Wave Wisdom:** After every surf session, I think about what worked and what didn't. Which waves I caught, which I missed, what I'd do differently. That's how sessions become skills.

## The Evening Decision Review

Ten minutes before you wind down:

### 1. What decisions did I make today?

List them. Big and small. Just a quick inventory.

### 2. What did I avoid?

This is the important one. What came up that I didn't handle? What got pushed to tomorrow? Why?

### 3. What's sitting open?

Anything still taking up mental space? Name it. Either schedule when you'll handle it or let it go.

### 4. What did I learn?

Any patterns? Any surprises? Anything to remember for next time?

### 5. What's the most important decision for tomorrow?

Set yourself up for the morning ritual. Know what's coming.

**Today's Exercise:** Design your evening decision review.

When will you do it? (Tie it to an existing evening routine)

Write down the five questions above or adapt them to what matters to you.

Tonight, do your first review. See how it feels.

## The Avoidance Audit

The most valuable part of the evening review is catching avoidance.

Every day, something gets pushed off. Something gets "I'll deal with it later'd."

The evening review catches these before they pile up. Before they become a graveyard. Before you forget you're even avoiding them.

When you see what you avoided, you can ask: "Am I going to handle this tomorrow, or am I going to keep avoiding it?"

That question, asked daily, prevents the worst kind of accumulation.

**Tip:** Keep a running list of "things I'm avoiding" from your evening reviews. Check it weekly. If something's been on there for more than two weeks, it's time to force a decision.

## The Learning Loop

Morning ritual → Make decisions → Evening review → Learn → Better morning ritual

That's the loop.

Without the evening review, the learning doesn't happen. You make decisions, but you don't get better at making decisions.

With the review, every day is data. You see what works, what doesn't, what patterns keep showing up.

Over time, this compounds. A year of daily reviews makes you dramatically better than a year of just winging it.

## Keep It Simple

The review shouldn't take long.

Ten minutes max. Don't turn it into an elaborate journaling session. Just a quick check-in with yourself.

What did I do? What did I avoid? What's still open? What did I learn? What's tomorrow's priority?

Five questions. Ten minutes. Done.

If it's too complicated, you won't do it. Keep it simple enough to be sustainable.

## The Complete Daily Cycle

Now you have both halves:

**Morning:** Review open decisions. Prioritize. Commit to handling something. Clear small stuff.

**Evening:** Inventory what you decided. Catch avoidance. Close open loops. Learn. Set up tomorrow.

That's a complete decision cycle. Run it every day, and decisions stop piling up. Patterns don't go unnoticed. Progress happens consistently.

Start tonight with your first evening review. Tomorrow morning, do your first morning ritual.

Then keep going.

**Try Commit for this:** End each day by telling the app one decision you made and one thing you learned from it. Building the reflection habit helps the skill stick.

## Day 25: Handling Regret

You will make decisions you regret. That's not failure. That's life.

Today we learn to handle it.

### Today's Lesson

Regret is inevitable. It comes with the territory of deciding.

If you're making decisions, some won't work out. Some will look obviously wrong in hindsight. Some will hurt.

The question isn't how to avoid regret. That's impossible.

The question is how to carry it without letting it paralyze you.

**Wave Wisdom:** Every surfer has wiped out on waves they should have caught differently. Every one. The ocean teaches humility. So does life. The goal isn't perfection — it's learning to get back on the board.

## The Two Types of Regret

**Regret from action:** You made a choice that didn't work out.

**Regret from inaction:** You didn't make a choice, and the opportunity passed.

Research is clear: long-term, we regret inaction more than action. The things we didn't do haunt us more than the things we did that went wrong.

This is why deciding and being wrong beats not deciding at all.

At least wrong decisions teach you something. Unmade decisions teach you nothing except what it feels like to stay stuck.

## When Regret Hits

First: let yourself feel it.

Don't push it away. Don't rationalize it immediately. Don't pretend you're fine.

Regret is valid. You made a choice and it hurt. That's real. Feel it.

Then: don't live there.

Regret is a visitor, not a roommate. Let it come, acknowledge it, then let it pass.

**Today's Exercise:** Think of a decision you regret.

Write down:

- What did you decide?
- What happened?
- What do you wish you'd done differently?

Now write down:

- What did you learn from this?
- How has this regret made you wiser?
- If you faced a similar decision today, what would you do?

The goal is to extract the lesson without staying stuck in the feeling.

## The Regret Protocol

When regret shows up, run this:

- 1. Accept what happened.** You made a choice. It didn't work out. That's done. You can't unmake it.
- 2. Extract the lesson.** What do you know now that you didn't know then? What would you do differently? Make it concrete.
- 3. Apply the lesson.** How does this change your future decisions? Not in theory — specifically. What will you do differently next time?
- 4. Forgive yourself.** You made the best decision you could with what you knew at the time. Past you didn't have the information present you has. Be kind.

**5. Move on.** Close the loop. Stop replaying it. The lesson is learned. Continuing to feel bad doesn't help anything.

**Tip:** When regret keeps returning, ask: "Have I extracted the lesson yet?" Sometimes regret lingers because there's something we haven't learned. Once we get the lesson, the regret often fades.

## The Danger of Regret Aversion

Here's the trap: if you fear regret too much, you stop deciding.

You think: "I don't want to feel that again. Better to be safe. Better to wait. Better not to commit."

But that leads to the worse kind of regret — the inaction kind. The "I never even tried" kind.

Some regret is worse than others. Regret from trying and failing is cleaner than regret from never trying at all.

Choose the better regret.

## Living with Imperfection

You're not going to make perfect decisions. No one does.

The goal isn't a regret-free life. That's not possible.

The goal is a life where you decide, learn from the outcomes, and keep moving. A life where regret is data, not paralysis.

You will be wrong sometimes. You'll survive it. And you'll be better for it.

That's the deal. Take it.

**Try Commit for this:** When regret hits, tell the app what happened. "I regret [decision] because [result]. What I learned: [lesson]." Processing regret in writing helps you move through it.

## Day 26: When to Revisit vs. Move On

Not all decisions need to stay decided forever. Some deserve revisiting.

But most should be left alone. Today we learn the difference.

### Today's Lesson

Once you decide, you'll be tempted to keep deciding.

To relitigate. To second-guess. To wonder if you should change your mind.

Sometimes that's appropriate. Things change. New information arrives. What made sense then doesn't make sense now.

But usually, the urge to revisit is just circling in disguise. You're not reconsidering — you're not committing.

Knowing when to revisit and when to move on is essential to actually benefiting from decisions.

**Wave Wisdom:** Once you've paddled into a wave, commit to the ride. Second-guessing mid-wave is how you wipe out. Decide to ride or decide to pull back, but don't do half of each.

## When to Revisit a Decision

Revisiting is appropriate when:

**Significant new information arrives.** Not "I read one more article." Genuinely game-changing information you didn't have before.

**Circumstances fundamentally change.** The context that made the decision right is no longer true.

**You made the decision under conditions that impaired your judgment.** Extreme stress, incomplete information that you couldn't have known was incomplete, pressure from others.

**The decision is actively causing harm.** Not just "it's not perfect" — actual harm that continuing would make worse.

**You have a clear, better alternative now.** Not "maybe something better could exist." An actual, concrete better option you can switch to.

## When to Move On

Move on when:

**You're just anxious.** Discomfort after a decision is normal. It's not evidence the decision was wrong.

**You're fantasizing about paths not taken.** The grass always looks greener. That's not a reason to jump fences.

**You haven't given it enough time.** Most decisions need time to work. Evaluate too early and you misjudge.

**Nothing material has changed.** If the information and circumstances are the same, you've already made this decision. You don't need to make it again.

**You're looking for permission to avoid commitment.** This is the sneaky one. "Maybe I should reconsider" is sometimes just "I don't want to commit to what I already decided."

**Today's Exercise:** Think of a decision you keep revisiting.

Ask yourself honestly:

- Has significant new information arrived?
- Have circumstances fundamentally changed?
- Is there a clear, concrete better alternative now?

If yes to any, maybe revisit. If no to all, it's time to move on and commit fully.

Write down: "I will stop revisiting [decision] because [reason]."

## The Commitment Gap

Here's what happens when you keep revisiting:

You never fully commit. You're always half in. And half in doesn't work.

Relationships fail when someone's always reconsidering. Jobs suffer when you keep wondering about other options. Projects stall when you keep questioning whether you should be doing them. Full commitment — with all its risks — beats perpetual half-commitment every time.

**Tip:** After making a decision, give yourself a “no revisit” window. “I will not reconsider this for 90 days unless something fundamentally changes.” Create space for the decision to work.

## The 10-10-10 Rule for Revisiting

If you’re genuinely unsure whether to revisit:

**10 minutes:** How will I feel about revisiting vs. staying the course in 10 minutes?

**10 months:** How will I feel about it in 10 months?

**10 years:** How will I feel about it in 10 years?

Often, what feels urgent now won’t matter in 10 months. And what matters in 10 years is whether you committed to something, not whether you found the theoretically optimal path.

## The Practice

Today, identify one decision you’ve been relitigating.

If it passes the revisit test (new information, changed circumstances, clear better alternative), then revisit it properly. Make a new decision and commit to it.

If it doesn’t pass the test, move on. Tell yourself: “This is decided. I’m no longer going to think about whether it was right. I’m going to make it right by committing fully.”

That’s the practice.

**Try Commit for this:** Ask “Should I keep revisiting [decision] or move on?” Be honest about whether you’re genuinely reconsidering or just avoiding commitment.

## Day 27: Teaching What You’ve Learned

The best way to solidify knowledge is to teach it.

Today, you share what you’ve learned.

### Today’s Lesson

When you teach something, you understand it differently.

You have to organize it. Clarify it. Find the words that make it real for someone else.

And in doing that, it becomes more real for you.

Thirty days ago, you started this journey. You’ve learned about your patterns. You’ve built speed. You’ve practiced courage. You’ve started building systems.

Now teach it to someone.

**Wave Wisdom:** The lessons that stick are the ones you speak out loud to someone else. They move from ideas in your head to truths you own.

## What to Teach

Think about what hit you hardest during this journey:

- The circling styles (Day 3) — did you recognize yourself?
- The sunk cost trap (Day 18) — are you holding onto something because of past investment?
- Fear dressed as thinking (Day 5) — your favorite reasonable-sounding excuse?
- The five-minute rule (Day 8) — how quickly most decisions can actually be made?
- Your decision graveyard (Day 6) — the cost of not deciding?

Pick one concept that felt most revelatory to you. That's what you'll teach.

**Today's Exercise:** Find someone today — a friend, family member, coworker — and teach them one thing from this journey.

Choose one concept. Explain it in your own words. Share a personal example.

It doesn't need to be formal. A coffee conversation. A text exchange. A walk together.

Just share what you've learned and why it mattered.

## How to Teach It

Keep it simple:

**Start with a question.** "Have you ever noticed how long you take to make decisions?" "Do you know what holds most people back from committing to things?"

**Share the concept.** Explain the idea in plain language. No jargon.

**Give your example.** How did this show up in your life? What did you recognize about yourself?

**Offer the lesson.** What's the takeaway? What can they do with this?

That's teaching. It's just sharing what you've learned in a way that might help someone else.

**Tip:** Don't be preachy. Share your own experience, not advice about what they should do. "I realized I was doing X" lands better than "You should stop doing X."

## What Teaching Does for You

Three things:

**Solidifies the learning.** Saying it out loud makes it real. Finding words for something forces clarity.

**Creates accountability.** Once you've told someone about your decision patterns, you're more likely to notice them. You've made it public.

**Helps someone else.** The things you've learned in 27 days might save someone else months of circling.

Teaching isn't just for their benefit. It's for yours.

## The Ripple

Here's something beautiful:

When you teach someone how to decide better, they make better decisions. Those decisions affect other people. Who make better decisions. Which affect more people.

Your willingness to share what you've learned creates ripples you'll never see.

That's not nothing. That's something worth doing.

## Who to Tell

Think about who in your life might benefit from what you've learned:

- Someone who's been stuck on a decision for too long
- Someone who's always researching, never committing
- Someone who avoids hard conversations
- Someone who seems paralyzed by options

You know who they are. Today, share something with them.

Not to fix them. Just to offer a perspective that helped you.

**Try Commit for this:** After teaching someone, tell the app what you shared. "Today I taught [person] about [concept]." Articulating what you taught helps cement the lesson for you.

## Day 28: Your Commitment Manifesto

Twenty-eight days in. You know who you want to be with decisions.

Today you write it down.

### Today's Lesson

A manifesto isn't a to-do list. It's a declaration of who you are.

It's not "what I should do" — it's "what I stand for."

Writing a commitment manifesto captures the person you're becoming through this journey. It's something to return to when you slip. Something to remind you what you believe about decisions.

**Wave Wisdom:** Every surfer knows what kind of surfer they want to be. Cautious or bold? Competition or soul? What's your decision identity? Define it. Declare it.

## The Manifesto Components

A commitment manifesto includes:

**Your beliefs about decisions** — What's true about decision-making that you know now?

**Your commitments** — What do you promise yourself about how you'll handle decisions?

**Your non-negotiables** — What will you refuse to do, no matter what?

**Your identity statement** — Who are you as a decision-maker?

This isn't about perfection. It's about intention. What kind of person do you want to be when choices show up?

**Today's Exercise:** Write your Commitment Manifesto.

Use these prompts:

**I believe:**

- Decisions are better ...
- Fear is ...
- Circling costs ...
- Commitment means ...

**I commit to:**

- Making small decisions in ...
- Giving big decisions no more than ...
- Facing hard things by ...
- Trusting my gut when ...

**I refuse to:**

- Pretend I don't know when ...
- Let fear dress up as ...
- Revisit decisions just because ...

**I am:** One sentence about who you are as a decision-maker now.

Make it personal. Make it yours.

## Example Manifesto

Here's mine, as inspiration:

**I believe** that most decisions deserve minutes, not days. That certainty doesn't exist and waiting for it is self-deception. That fear is smart and will always find a reasonable disguise.

**I commit to** making small decisions in seconds, medium decisions in hours, and big decisions in weeks. I will use the coin flip when I'm stuck. I will trust my gut even when my brain disagrees.

**I refuse to** ask more than two people for advice on the same decision. I refuse to let "I'm still thinking about it" last more than a week without setting a deadline. I refuse to stay in things because of sunk costs.

**I am** someone who catches the wave instead of watching it pass. I decide and move. I trust myself to handle whatever comes from my choices.

That's mine. Yours will be different. Write what's true for you.

**Tip:** Put your manifesto somewhere you'll see it. On your phone. On your wall. In your journal. Read it when you're circling. Let it remind you who you've decided to be.

## Living the Manifesto

A manifesto only matters if you live it.

Tomorrow, when a decision comes, check it against your manifesto.

"I committed to making small decisions in seconds. Is this a small decision? Then decide now."

"I refuse to let fear dress up as thinking. Is this thinking or fear? If fear, decide."

The manifesto isn't just words. It's a rubric for action.

## The Declaration

Reading this manifesto aloud is powerful.

Not to anyone else. Just to yourself. In a mirror if you want.

Speaking it makes it feel more binding. More real. More like a promise you've made.

You don't have to. But if you do, notice how it feels.

This is who you're becoming.

**Try Commit for this:** Read your manifesto to the app. Say "I believe..." and speak your beliefs. "I commit to..." and speak your commitments. Making it verbal makes it real.

## Day 29: The 30-Day Review

One day left. Tomorrow we close this journey.

Today, we review everything.

### Today's Lesson

You've done a lot in 30 days.

Mapped your patterns. Built speed. Practiced courage. Created systems. Written a manifesto.

But have you stopped to see how far you've come?

Today is for that. Looking back. Measuring progress. Seeing clearly what's changed.

**Wave Wisdom:** At the end of a surf trip, you take stock. What did you learn? How did you grow? What will you take home? This is your end-of-trip review.

## The Review

Go through the weeks. For each, answer honestly:

### Week 1: Awareness

- What patterns did you discover about yourself?
- What was your circling style?
- How full was your decision graveyard?

### Week 2: Speed

- Which techniques stuck? (5-minute rule? Coin flip? First thought?)
- How has your speed on small decisions changed?
- What's different about how you approach quick choices?

### Week 3: Courage

- What did you say no to that you would have said yes to before?
- What hard conversation did you have or schedule?

- What scared you that you did anyway?

#### **Week 4: Integration**

- What's your decision system look like now?
- Are you doing morning and evening rituals?
- How are you handling regret differently?

**Today's Exercise:** Write a full 30-day review.

For each week, note:

- What you learned
- What you did
- What still needs work

Then write an overall assessment: How is your relationship with decisions different now than when you started?

Be honest. This is for you.

### **What Changed**

Some things probably shifted:

**Awareness:** You see your patterns now. You catch yourself circling. You notice fear dressed as thinking.

**Speed:** Small decisions don't paralyze you anymore. You've proven you can decide quickly and survive.

**Courage:** You've faced things you were avoiding. You know you can do hard things.

**Systems:** You have tools now. Methods. Rituals. Not just good intentions, but actual practices.

Not everything is fixed. Change takes time. But something is different.

Name what's different.

**Tip:** Compare who you are now to who you were on Day 1. What would Day-1-you be surprised by? What would make them proud?

### **What Still Needs Work**

Be honest about what remains.

Maybe speed is better but courage still struggles. Maybe you've handled small decisions but the big one is still looming. Maybe you know your patterns but haven't fully changed them yet.

That's fine. This isn't an ending. It's a beginning.

Write down what still needs work. That's your focus for the months ahead.

### **The Metrics**

Some concrete measurements:

**Decision speed:** How long do small decisions take now vs. Day 1?

**Open loops:** How many unmade decisions are you carrying now vs. Day 4?

**Avoidance:** What are you still avoiding that you were avoiding on Day 1?

**Commitments made:** What did you commit to during this journey that you hadn't before?

**Conversations had:** What hard things did you say?

Numbers help. They make progress concrete.

## **Tomorrow**

Day 30 is the close.

We'll talk about what happens after the 30 days. How to maintain what you've built. How to keep growing.

But today, just review. See where you've been. Appreciate the distance traveled.

You showed up for 29 days. That's not nothing. That's something real.

**Try Commit for this:** Tell the app your biggest win from this 30-day journey. "The thing I'm most proud of is..." Let yourself acknowledge the progress.

## **Day 30: Commit to the Journey**

You made it.

Thirty days. Thirty lessons. Countless decisions made differently than you would have before.

Now what?

### **Today's Lesson**

This isn't an ending. It's a beginning.

Thirty days is enough to start changing your relationship with decisions. It's not enough to permanently rewire decades of patterns.

The habits you've built need maintenance. The systems need running. The courage needs exercising.

This book ends today. The practice doesn't.

**Wave Wisdom:** A surfer doesn't stop practicing after one trip. The ocean is always there. The practice is lifelong. Decision-making is the same. The skill requires ongoing commitment.

## **What You've Built**

Let's acknowledge what you now have:

**Awareness tools** — You know your circling style. You can spot fear dressed as thinking. You understand the cost of delay.

**Speed techniques** — The 5-minute rule. Coin flip clarity. First thought. Deadlines. Good enough.

**Courage practices** — Saying no. Having hard conversations. Making scary decisions. Letting go of sunk costs.

**Systems and rituals** — Morning and evening rhythms. Your personal decision process. Your manifesto.

These are real tools. They work. But only if you keep using them.

## The Maintenance Plan

Here's how to keep what you've built:

**Daily:** Run your morning and evening decision rituals. Even a shortened version. Just keep the habit alive.

**Weekly:** Do a quick inventory. What decisions did you make well? What did you avoid? What's still open?

**Monthly:** Reread your manifesto. Check your systems. Are they working? What needs adjusting?

**Quarterly:** Do a deep review. What patterns are returning? What growth has happened? What's the next edge to push?

**Annually:** Revisit this book. Read it again. See what hits differently after a year of practice.

**Today's Exercise:** Create your maintenance plan.

Write down:

- Your daily practice (in 2-3 sentences)
- Your weekly check-in (when and what)
- Your monthly review ritual
- A quarterly commitment to assess your progress

Put this somewhere you'll actually see it and follow it.

## When You Slip

You will slip. Everyone does.

Old patterns return. Stress brings back circling. Fear puts on new disguises.

That's not failure. That's human.

When you slip:

**Notice it.** "I'm doing that thing again."

**Don't shame yourself.** Shame makes it worse. Just notice.

**Return to basics.** Go back to Day 8. Run the 5-minute rule. Set a deadline. Make a decision.

**Ask for help.** Tell someone. Use the app. Don't circle in isolation.

The goal isn't perfection. It's quick recovery. Catch the slip early. Return to practice. Move on.

**Tip:** Keep this book accessible. When you slip, reread the chapter that addresses your struggle. Sometimes a reminder is all you need to get back on track.

## The Identity Shift

The deepest change isn't technique. It's identity.

When you started, you were someone who struggled with decisions.

Now you're someone who makes them.

Not perfectly. Not always easily. But consistently. Decisively. Courageously.  
That's a different person than 30 days ago.  
Own that identity. "I'm someone who decides." Say it. Believe it. Live it.

## The Final Commitment

One last exercise.

Complete this sentence:

**"After 30 days, I commit to continuing this journey by..."**

Write it down. Say it out loud. Mean it.

This is the decision that determines whether the last 30 days become a phase you went through or a transformation that lasts.

Commit to the journey. The practice continues.

## Thank You

From one overthinker to another: I'm proud of you.

Showing up for 30 days takes commitment. Doing the exercises takes courage. Changing patterns takes patience.

You did all of that.

Now keep going. The wave is always there. The ocean is always waiting.

Paddle in.

— Jillian

*Somewhere in Bali  
Still overthinking sometimes  
Still using Commit*

**From here forward:** Let Commit be your daily companion. Quick decisions. Honest gut checks. Courage when you need it. The app is there when the book is on the shelf.

We'll see you out there.

# You made it.

*30 days of showing up. 30 days of deciding.*

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The muscle is built. Now keep using it.

Come back to these exercises whenever you feel yourself slipping.  
And remember: every decision you make is practice for the next one.



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