



Part 4

The

Decision

Filter

Aligning the decisions you
make with your Values and
Enough Statements



The Decision Filter



When you know what you value, every decision becomes easier.

In this part, we will revisit what you did in Part 1. You looked honestly at your life, mapped the gap between where you are and where you want to be, identified your values, and wrote your Enough Statements.

The Decision Filter is a one-page tool you can keep handy. When you face a decision such as a commitment, a purchase, a change, an invitation, or an opportunity, you can run it through three questions.

A Note on Using the Decision Filter

The Decision Filter is most useful for medium-sized decisions: the commitments you are unsure about, the invitations that feel flattering but exhausting, and the opportunities that look good on paper but sit uncomfortably with you.

For small, daily decisions, it is unnecessary overhead. For very large decisions, like career and relationship changes, and where to live, it is one input among many rather than the whole answer.

It is also worth knowing that the filter will sometimes produce an answer you don't want. A yes you cannot afford, a no that disappoints someone you care about, or a clarity you were hoping to avoid. When that happens, the filter has done its job with accuracy. The discomfort is not a sign that the filter is wrong. It is a sign the decision is important.

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Section 1 - Decision Filter Questions

The questions are simple:

Question 1: Does this honour at least one of my core values?

Does it actually, genuinely, align with something I identified as mattering to me when I was being honest with myself?

If the answer is yes, continue to Question 2. If the answer is no, you have your answer.

Question 2: Does this move me toward or away from my Enough?

Look at the relevant life area on your Enough list. Does saying yes to this bring you closer to the life you described there, or further away? Does it add to a life that already has enough, or does it address a genuine gap?

If it moves you toward your Enough, continue to Question 3. If it moves you away from it, the filter has done its work.

Question 3: Will my future self be glad I said yes?

Not next week's version of you, who will be dealing with the consequences, or the version of you who has already said yes and is committed. The version of you twelve months from now, living the life you are designing. Will she be glad this was in it?

If yes: say yes. If no, or if you genuinely do not know: the default is no. Revisit later.

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Section 2 - Your Decision Filter Card

Complete the summary of your core values and Enough Statements below and keep this page, or a copy, handy.

Core values summary from Part 1

Enough Statements summary from Part 1

Health:

Relationships:

Work and Purpose:

Finances:

Home Environment:

Daily Rhythms:

Joy, Play and Creativity:

Inner Life and Meaning:

The three questions

Q1. Does this honor at least one of my core values?

Q2. Does this move me toward my Enough?

Q3. Will my future self be glad I said yes?

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Section 3 - What next?

You now have an easy decision filter that you can apply to mid-sized decisions. If you are working through your home with the Calm Home Blueprint and your daily, weekly and seasonal rhythms with the Calm Rhythms Toolkit, you are nearly at the end of the Redesign Your Life bundle.

To complete the Redesign Your Life pack, pop over to Part 5, which includes one final important exercise and has some additional readings you may enjoy.

I am so glad you have made it this far! Remember, if you would like to join a community of women who are also focused on wellbeing and where you can share your thoughts and questions, feel free to join our [‘Women supporting Women’ Facebook group](#). It is a New Zealand-based group, but everyone is welcome!

See you in Part 5!