AN INNER AUTHORITY™ PRACTICE

The Decision *Reset*

Confidence is a feeling.
Inner Authority™ is a discipline.

A 10-Minute Practice to Stop Reopening Decisions

For the moment when you already have enough information, *but self-doubt keeps asking for one more opinion, one more check, or one more day.*



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Inner Authority Strategist
Creator of the Inner Authority VOICE Framework™

The Decision May Not *Be the Real Problem*

You can be highly capable and still lose hours to a decision you already know how to make. The loop often sounds responsible: I am being thorough. I need more information. I should hear one more perspective. Sometimes that is discernment. Sometimes it is self-doubt borrowing professional language.

> *The difference is not how long you think.*
> *It is whether the thinking produces new clarity.*

Discernment moves a decision forward. Overthinking keeps returning to the same evidence while hoping uncertainty will disappear.

DISCERNMENT	THE RECONSIDERATION LOOP
Produces a new insight	Repeats the same concern
Uses relevant evidence	Collects reassurance
Has a decision point	Moves the finish line
Accepts reasonable uncertainty	Demands emotional certainty
Ends in aligned action	Ends in delay or exhaustion

THE AHA:

You may not need more confidence before deciding.
You may need a clear stopping rule for thinking.

Before You Reset:
Name the Pattern

Think of one decision you are currently delaying or repeatedly reopening.
Keep it specific enough to act on within the next seven days.

The decision I am making:

The choice I believe I am leaning toward:

What I keep telling myself I still need:

What I may actually be trying to avoid:

Possible discomfort	*Examples*
Criticism	*Someone may question my judgment.*
Regret	*I may wish I chose differently.*
Disapproval	*Someone may be disappointed by my choice.*
Visibility	*The decision may make me more exposed or accountable.*
Responsibility	*I will have to own what happens next.*

> *Do not judge the answer. Naming what the loop is protecting you from reduces its power to masquerade as "more analysis."*

The 10-Minute Decision Reset

SET A TIMER.

This practice is designed to create movement, not manufacture certainty.

1	PAUSE — *1 minute*	Complete this sentence: "I am reopening this decision because I feel _____." Name the emotion before collecting more information.
2	CLARIFY — *3 minutes*	Write the decision in one sentence. List the three facts that genuinely matter. Then ask: "What information would materially change my choice?" If you cannot name it, more research may be reassurance rather than evidence.
3	ALIGN — *3 minutes*	Ask: "Which option best aligns with my values, priorities, capacity, and purpose in this season?" Alignment does not guarantee comfort. It gives the discomfort a direction.
4	DECIDE — *2 minutes*	Choose one: decide now; set a firm decision deadline; or identify the single missing fact and where it will come from. "Keep thinking" is not one of the options.
5	COMMIT — *1 minute*	Write: "I will reopen this decision only if _____." Use a specific condition, such as new financial information, a changed deadline, or a material risk, not a returning wave of anxiety.

Your Decision Commitment

Complete this page before returning to your inbox, another opinion, or another round of research.

MY DECISION:

WHY THIS CHOICE IS ALIGNED:

THE FIRST ACTION I WILL TAKE WITHIN 24 HOURS:

I WILL REOPEN THIS DECISION ONLY IF:

The date I will act: _____

My accountability person: _____

Self-trust is not "I know everything will work".
It is "I trust myself to respond to what happens next"

When the Tool *Is Not Enough*

The Decision Reset can interrupt a reconsideration loop. But if the same hesitation appears across different decisions, the issue is probably not the decision itself.

A recurring pattern may be rooted in an earlier story about what happens when you are visible, wrong, direct, ambitious, disappointing, or fully responsible for your own choice.

THAT DEEPER SEQUENCE OFTEN LOOKS LIKE:

EXPERIENCE → **MEANING** → **BELIEF** → **IDENTITY**

> *A practical tool can change today's behavior.*
> Deeper coaching examines the story that keeps recreating the behavior.

Consider a Clarity Call *if you notice that you repeatedly:*

- ✓ Seek approval after you have already decided
- ✓ Over-prepare to avoid criticism
- ✓ Soften boundaries until they disappear
- ✓ Delay opportunities until you feel completely ready
- ✓ Choose other people's comfort over your own alignment

BOOK AN INNER AUTHORITY CLARITY CALL



About Dr. Lizzie Brontë

— FOUNDER, BRONTË & CO ADVISORY

Dr. Lizzie Brontë is an Inner Authority Strategist, author, speaker, leadership educator, and creator of the Inner Authority VOICE Framework™. Her work helps accomplished people understand the root causes of self-doubt, interrupt the protection patterns that keep them overthinking or shrinking, and develop the discipline of self-trust, decisiveness, and authentic leadership without permission.

> *Trust yourself. Decide boldly.*
> *Lead authentically.*

Her approach integrates research, lived experience, leadership practice, and practical tools for the moments when capability is present but internal authority has not yet become consistent.



YOUR NEXT STEP

You have named the loop.
Now notice what keeps restarting it.

If the pattern is costing you time, peace, visibility, or meaningful opportunities, schedule an Inner Authority Clarity Call.

BOOK MY CLARITY CALL

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