

USE THE DECISION STANDARD™

This tool is designed to be used quickly and consistently.
It replaces overthinking with a repeatable decision standard.

Step 1: Start at the top. Do not skip sections.

Answer each question honestly. This only works if you tell the truth.

Step 2: Stop at the first hard no.

If the filter tells you to decline, the decision is already made.

Step 3: Do not negotiate with yourself.

Explaining, softening, or re-framing is how boundaries erode.

Step 4: Use the pause rule.

If you feel pressure or urgency, pause for 48 hours before deciding.

Step 5: Review quarterly.

If you override the filter more than once per quarter, recalibrate.

Remember, this tool exists to protect your time, energy, and authority — not to please others.

THE

DECISION

STANDARD™

Rule: If this checklist says no, the answer is no.

No re-framing. No rescuing.

No explaining required.

One-page checklist

(Non-negotiable)

1. FIT CHECK

(If any box is unchecked → STOP)

- ☐ This aligns with my defined offerings
- ☐ This positions me as architect/advisor, not fixer
- ☐ The scope is clear, finite, and enforceable

2. ENERGY & CAPACITY CHECK

(Protects your body, time, and attention)

- ☐ Fits within my current capacity
- ☐ Does not crowd out higher-value work
- ☐ I would say yes even without a relationship

3. VALUE & LEVERAGE CHECK

(Prevents underpricing and overgiving)

- ☐ Compensation matches responsibility and risk
- ☐ This builds intellectual property, visibility, or long-term leverage
- ☐ I am paid for thinking, not just doing

4. BOUNDARY TEST

(The truth serum—do not ignore)

- ☐ I am not bending my own rules
- ☐ I am not already justifying internally
- ☐ I will not be the default shock absorber

5. FINAL QUESTION

Six months from now, will I regret saying yes?

- ☐ Yes → DECLINE
- ☐ No → PROCEED
- ☐ Unsure → PAUSE 48 HOURS

Remember.
*Clarity over comfort.
Alignment over access.
Long-term over urgent.*

THE COMMITMENT

- ☐ I will not override this filter more than once per quarter.
- ☐ I will accept short-term discomfort to avoid long-term depletion.
- ☐ I trust clarity more than urgency.

Additional Notes

Type here.