BOOKCHOWK / THE THURSDAY COLLECTION

A Clearer Decision

A practical workbook for ordinary choices that keep circling

PERSONAL GROWTH

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ORIGINAL EXERCISES / PRINTABLE PDF / OCTOBER 2026

START HERE

One useful result

Choose one ordinary, reversible decision: which class to try, how to spend a free afternoon or which personal project to begin. This workbook gives the choice a boundary so you can gather enough information and take a next step. It is not therapy, a diagnostic tool or a method for making high-stakes medical, legal or financial decisions. Those may need qualified advice and a different process. You will build a decision brief, a small experiment and a review date. The aim is a reasoned choice you can explain, not perfect certainty. Fictional examples show the method; your circumstances and values determine what fits.

How to use this mini workbook

Read one lesson, study the example and try the action. Use the question as a short reflection. Write in your own notebook, annotate the PDF or print only the worksheets you need. The companion gives you reusable text fields rather than repeating the whole book.

Find your way

03 1. State the choice you actually control

04 2. Choose a few criteria before comparing

05 3. Separate facts, guesses and questions

06 4. Compare the realistic options

07 5. Turn uncertainty into a small experiment

08 6. Review at a named point

09-11 Reusable worksheets / 12 Edition and use

READ / APPLY / REFLECT

1. State the choice you actually control

Write the decision as a question with a timeframe. "What should I do with my life?" contains many choices; "Will I try the Saturday drawing class once this month?" can be explored. Separate your decision from other people's decisions. You can request a different schedule but cannot decide that someone else will agree. If there is an important dependency, identify it. Notice whether you are choosing now or only collecting information for a later choice. A clear boundary keeps a simple experiment from expanding into a lifelong identity decision. You are allowed to choose a small step without declaring a permanent direction.

WORKED EXAMPLE

Anita stops asking whether she is "a creative person" and asks whether she wants to spend one Saturday trying a beginner class.

TRY IT

Write your decision question in one sentence and underline what is within your control.

YOUR NOTE

What is explicitly outside this decision?

END OF FREE SAMPLE

Continue with the full workbook

This free sample contains the cover, introduction and first lesson. The complete edition has 12 pages and includes an editable companion file.

The full book includes six lessons with worked examples, practical actions, reflection questions and three reusable worksheets.

Full edition: INR 49 at www.bookchowk.com

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