



The Power of Decision:

How Life Coaching Strategies Can Change Your Life

The background image is a close-up, slightly blurred photograph. It shows a hand holding a black pen, with the tip of the pen pointing towards a detailed road map. The map is spread out on a surface, showing various roads, cities, and geographical features. In the bottom right corner, the rim and handle of a white ceramic cup are visible, suggesting a cup of coffee. The overall scene conveys a sense of planning, decision-making, and taking a moment to pause (represented by the coffee).

Workbook & Self-Coaching Journal



Welcome & Introduction

“It is in your moments of decision that your destiny is shaped.” – Tony Robbins

Welcome to this interactive workbook designed to guide you through the powerful concept of decision-making. This isn't just about choosing what's for dinner—it's about reclaiming your power, reshaping your path, and creating a life that inspires you.

Inside, you'll explore the psychology of decision-making, the neuroscience behind it, and proven coaching strategies to help you make aligned, empowered choices.

Let's turn insight into action.

You made a decision to download this workbook. Now commit to follow through and complete the action steps. If you have any difficulties with the content or other question's, please feel free to use the forums, send us feedback or arrange a free discovery call with Tony. We would love to hear from you about how this self-coaching resource has impacted on your situation in life.

To Your Success!

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The Meaning of Decision

DECISION = To cut off (Latin: decidere)

To decide means to **cut off all other options**—to commit fully. Without this level of commitment, we stay in limbo, paralysed by “what ifs.”

Exercise 1: Identify Indecision in Your Life

What’s something you’ve been sitting on—postponing, avoiding, or rationalising?

Area of Indecision	What’s at Stake if I Don’t Decide?	What Would I Gain if I Did?

The Meaning of Decision



The Psychology of Decision

We often wait for circumstances to be perfect before acting. But indecision is a decision—it's choosing to stay stuck.

“Indecision is the thief of opportunity.” – Jim Rohn

Exercise 2: What's Behind Your Indecision?

Write about a current decision and explore what's really stopping you.

What are you afraid might happen if you made this decision?

What else?



The Psychology of Decision

What discomfort are you trying to avoid?

What discomfort are you already experiencing by not deciding?



The Neuroscience of Decision

Your brain is wired to conserve energy and avoid pain—making bold decisions feels threatening. But consistent, conscious choices rewire your brain for courage and growth.

| *“When you change the way you look at things, the things you look at change.”* – Wayne Dyer

Neuro-Hack: Use **visualisation** to “see” the benefits of your new decision as if they’ve already happened.

Exercise 3: Future Self Visualisation

Imagine having made a powerful decision that transformed your life.

What are you doing now? How do you feel? What’s changed?

Now, journal what your future self would thank you for.



Repetition is Power

“You are what you consistently do.” – Aristotle (paraphrased)

Decision-making isn't a one-time act. It's a daily habit. To reinforce a decision, you must repeat the thought and the action until it becomes part of your identity.

Exercise 4: Identity Shift

Complete the sentence:

I am no longer someone who _____.

I am the kind of person who _____.

Create a mantra or affirmation that reflects your new decision:



The Power of Contrast

We make change when the pain of staying the same becomes greater than the pain of change.

Exercise 5: Pain vs Power

Use this classic coaching tool to leverage change.

Staying the Same		Making the Decision	
What am I tolerating?		What will I no longer accept?	
What does this cost me emotionally?		How will I feel when I make this change?	
What are the long-term consequences?		What will my life look like a year from now?	



The Decision Filter

Every decision affects your energy, your values, and your trajectory. Think of a decision you're about to make. Filter your choices through these questions. Write it here and work through the questions below.

Exercise 6: Use the Filter

1. Does this move me closer to who I want to be?

2. Am I making this choice from fear or purpose?

3. What would my highest self decide right now?



One Decision Away

“You’re only one decision away from a totally different life.” – Mel Robbins

Small hinges swing big doors. One decision to say yes, to start, to stop, to speak up—can change everything.

Exercise 7: Make ONE Bold Decision Today

Use this space to declare it:

My Decision:

Why It Matters:

My First Step:

Schedule the first step in your calendar now.

Rewire the Mind – Reframing With NLP

NLP (Neuro-Linguistic Programming) helps us shift internal narratives.

Reframing Technique: From Stuck to Empowered

- Write the limiting belief behind your indecision:
- *Example: "I always fail when I try."*
- Reframe it using possibility language:
- *"I've learned from every setback, and I'm ready to win this time."*

Exercise 8: Reframe Your Inner Dialogue

[illegible]



Final Reflection & Call to Action

You've explored what it means to make decisions from power, not fear. You've discovered how to use psychology, neuroscience, NLP, and life coaching to move from indecision to action.

"In any moment, you can decide to change everything." – Dr. John Demartini

Final Reflection:

What did you learn about yourself through this process?

What will you no longer tolerate in your life?

What's your new standard?



What's Next?

Book a free **Decision-Making Discovery Call** with Tony Healer Coaching

- Share your breakthrough on socials with the tag: **#InspiredByCoaching**
- Visit www.tonyhealer.com to explore more self-coaching resources
- Review us at [Reviews and Feedback](#)

Notes: