

“Rusty Decision-Making Is Costing You.”

The mental muscles you need for change are built through decisive action.

What is Rusty Decision-Making?

- Slow to commit
- Easily swayed by others
- Decisions lack consistency
- Overthinking instead of acting

Why It Hurts You

1. Lost opportunities — doors close while you hesitate
2. Weakened confidence — each delay makes action harder
3. Broken momentum — progress stalls before it begins

How to Strengthen Your Decision-Making

The Decision Muscle Workout

- Clarify your top 1–2 priorities
- Commit to a choice within a set time limit
- Act immediately on the first step
- Review results to learn, not to second-guess



When are you
going to decide
you're ALL IN?

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