

THE DECISION MATRIX

*Make the choice
that's actually yours.*

*A simple way to strip out
the noise – and decide
from what you really want.*

MOST OF YOUR DECISIONS WERE NEVER YOURS.

Your life is the sum of your decisions.
State of mind leads to decisions,
decisions lead to actions, and actions
decide where you end up.

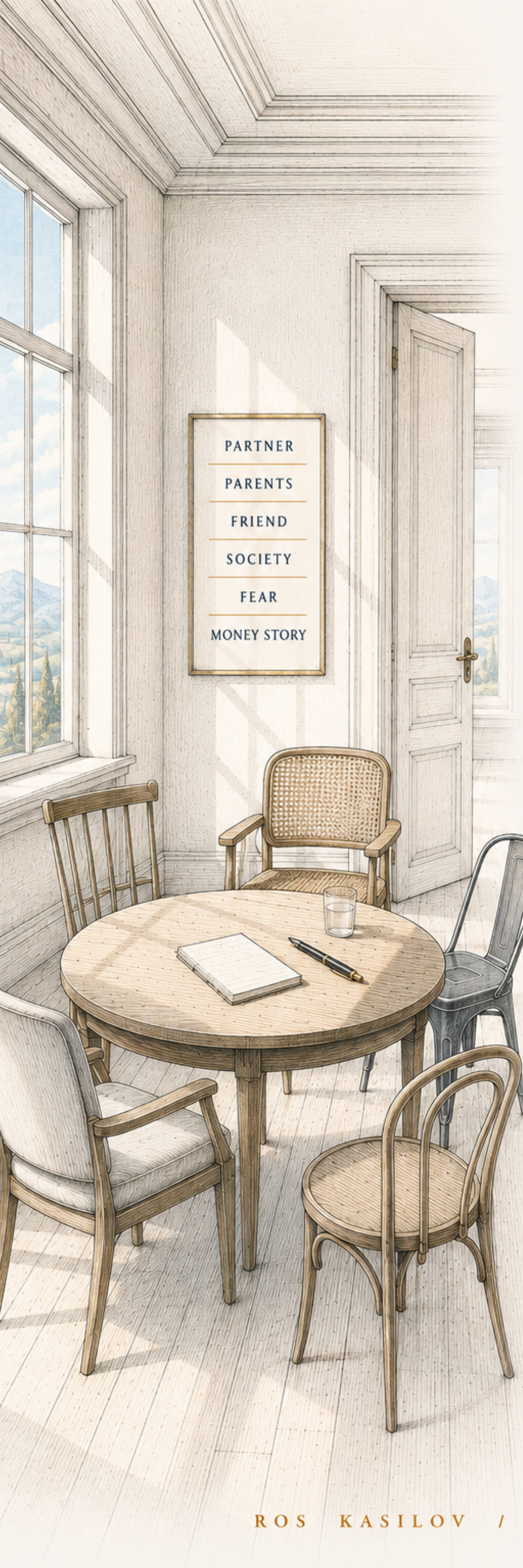
But look closely at the big ones
and you'll find other hands on the pen –
a parent, a partner, a boss, society,
and the loudest one of all, fear.
You made the choice.
Something else chose it.

This is a tool to take the pen back.
You run a decision through it,
strip out whose voice isn't yours,
and point the choice at what
you actually want.

One test runs underneath all of it:
am I choosing myself?

*A decision made from
fear or obligation isn't yours.
It's a debt you'll pay later.*





STEP ONE - WHO'S IN THE ROOM

Name every hand on the pen.

Take the decision you're weighing.
Before you choose, find out
who's already in the room with you.

Ask it plainly:

- **Why am I really leaning this way?**
Pressure? To impress someone?
To look right?
- **Who's influencing me** - a parent,
a partner, a friend, a story I absorbed?
- **What's pushing from outside** -
money, a crisis, fear of how it looks?

Who else is in the room?

- Expectations you inherited.
- Roles you accepted.
- Fears you never questioned.
- Opinions you borrowed.
- Stories about what is "responsible,"
"successful," or "normal."

Every voice wants a vote.

Your job isn't to silence them.
Your job is to know they're speaking.

You can't choose freely while
you think you're alone and you're not.
Name them, and they lose the quiet vote.

STEP TWO - START FROM NO

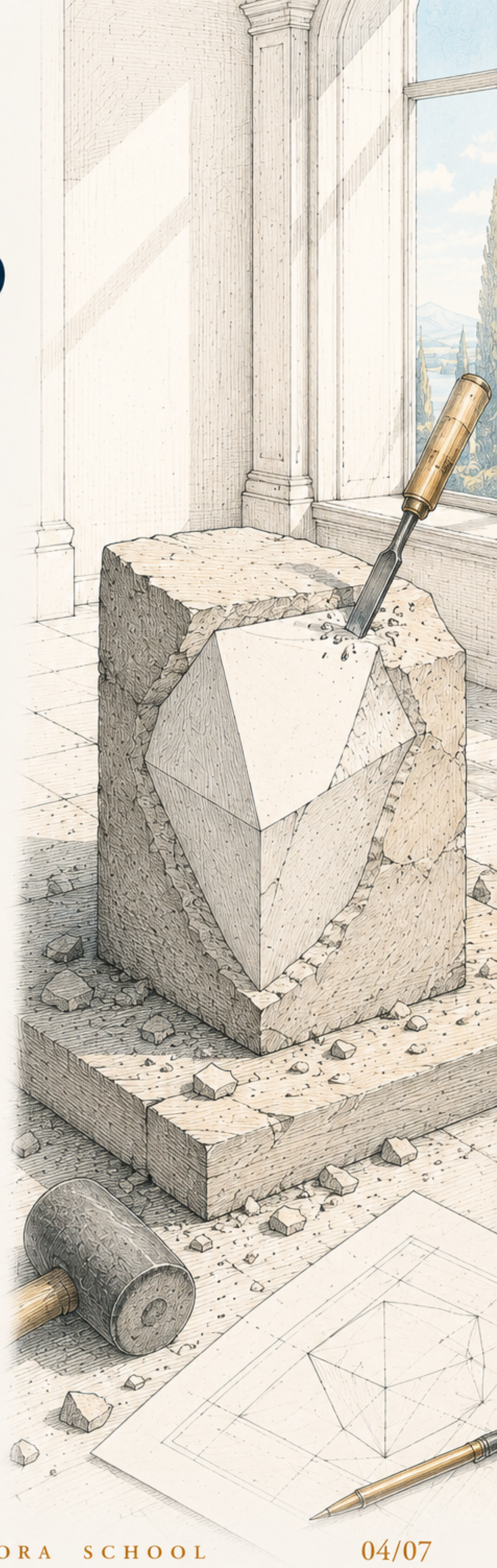
*When you can't find the yes,
use the no.*

If the choice is foggy,
don't force a yes.
Refusal is sharper than desire,
and you already know it.

Say what you definitely don't want,
plainly:

- “I don't want to stay in this
for another five years.”
- “I don't want a life that
looks right and feels wrong.”

Each clear no draws an edge.
Put enough edges down
and the shape of what you
do want shows up between them.



STEP THREE - RUN THE MATRIX



Put the decision where you can see it.

Now the tool itself. List the decision - or each option you're torn between - one per row. Then work across, honestly.

THE DECISION / OPTION	WHOSE VOICE IS BEHIND IT?	FEAR-DRIVEN OR DESIRE-DRIVEN?	IN 10 YEARS, WILL I REGRET NOT DOING IT?

*The rows that are your own voice, moving toward desire,
that you'd regret missing - those are the ones to trust.*



STEP FOUR - THE ONLY QUESTION THAT MATTERS

Every decision, large or small,
comes down to one question.
Ask it before you commit:

*Am I
choosing
myself?*

Said in full:

Is this choice truly mine,
or am I making it for someone else?
Am I choosing my desires
and my values - or choosing
out of fear, obligation, or pressure?

If it's yours, move.
If it isn't, you just caught it
before it cost you years.

THE PEN WAS ALWAYS YOURS.

You don't need more confidence to decide well.
You need to know whose decision it is.

Strip out the borrowed voices, start from your clear no,
run it through the matrix, and ask the one question.

Keep this. Run any real decision through it before you commit.
Small ones first - what to eat, how to spend a free evening -
then the ones that shape your life.

Decide from yourself, and the life on the other side is actually yours.

*When you choose from yourself,
you stop building a life you'll want to leave.*

Rostislav Kasilov

Rostislav Kasilov / Founder, Agora School

Want to go deeper - explore The Core Self at roskasilov.com

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