

A stylized illustration of a yin-yang symbol. The left half is light blue and contains a detailed eye. The right half is dark blue and contains a detailed flower. The entire symbol is surrounded by glowing light rays. The title 'SOUL SEED' is written in large, white, serif capital letters across the center of the yin-yang symbol.

SOUL SEED

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SOUL SEED



ONE CLEAR DECISION

7 Days
to
DECISION MASTERY

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7 Days to Decision Mastery

Day 1 The Decision Inventory

Identify one decision you've been avoiding
and commit to resolving it by Day 7

Some choices weigh more in silence than in
action. Today, name the decision you've been
avoiding—not to judge yourself, but to set
yourself free. What you face, you can change.

Reflection Question:

What's one decision I've been avoiding, and why
have I let it remain unresolved?



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Day 2

The Values Alignment Check

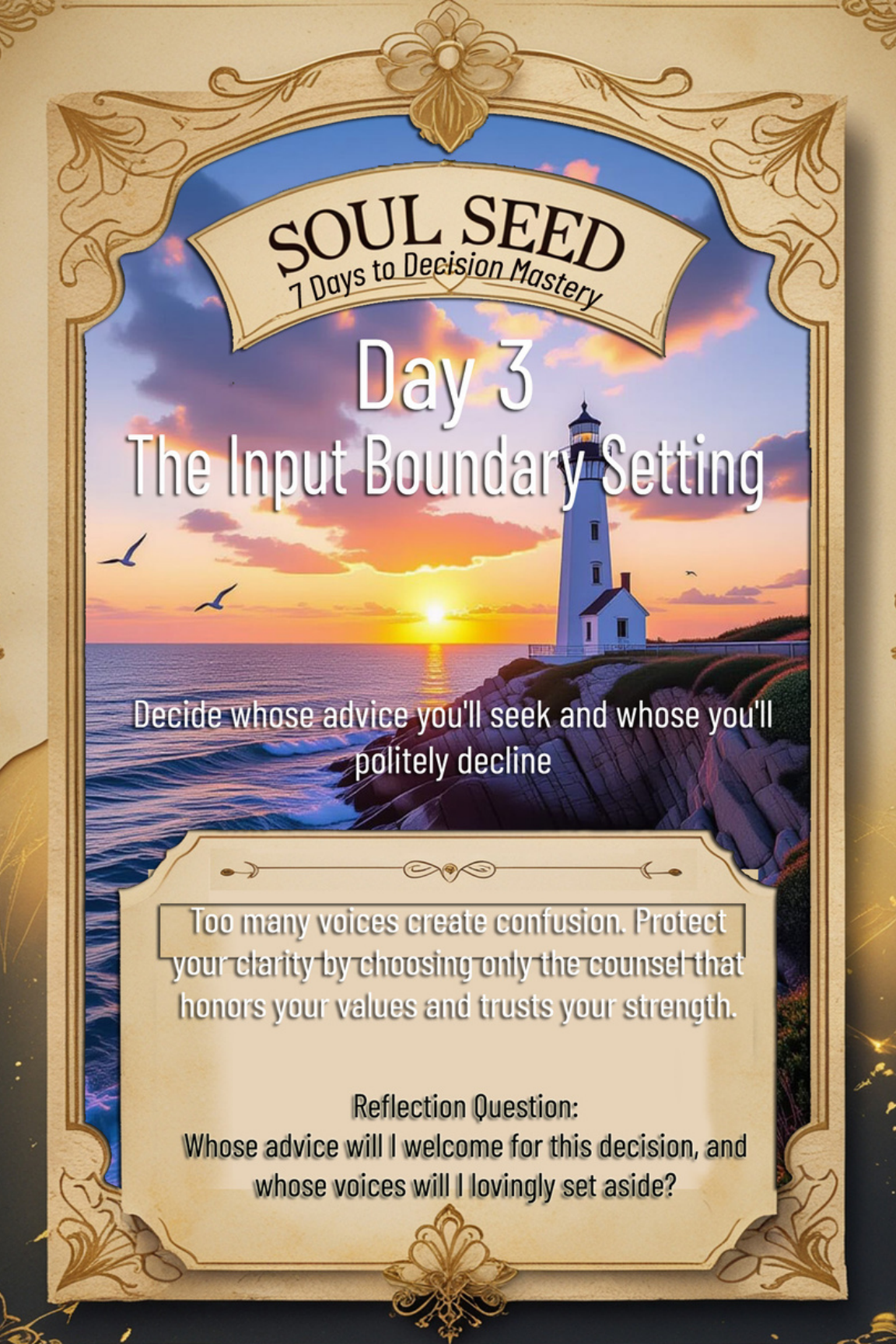
Test your pending decision against your top three personal values



If a choice costs you your values, the price is too high. Let your top three guide you—they'll never lead you where your peace cannot follow.

Reflection Question:
Does this decision align with my top three personal values, or am I trading peace for convenience?





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Day 3

The Input Boundary Setting

Decide whose advice you'll seek and whose you'll politely decline



Too many voices create confusion. Protect your clarity by choosing only the counsel that honors your values and trusts your strength.

Reflection Question:

Whose advice will I welcome for this decision, and whose voices will I lovingly set aside?



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Day 4

The Information Deadline

Set a cutoff point for research and information gathering

At some point, more research isn't clarity—it's avoidance. Decide when enough is enough, and choose.

Reflection Question:
What's the exact date or moment I'll stop gathering information and commit to making my choice?

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Day 5
The Fear Processing Session

Name and face the emotions you've been avoiding
through indecision



Name your fear. Face it. You'll see it's not a
wall—it's a doorway.

Reflection Question:
What specific fear has been holding me back from
making this decision, and what is it trying to teach



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Day 6
The Decision Declaration

Make your choice and declare it to someone who
will support your commitment



Say it out loud to someone who believes in
you. A spoken decision carries more power
than a silent one.

Reflection Question:
Who will I tell about my decision, and how can they
support my commitment to follow through?



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Day 7
The Action Implementation

Take the first concrete step that makes your decision real in the world

Your decision comes alive the moment you act. Take one concrete step today—no matter how small.

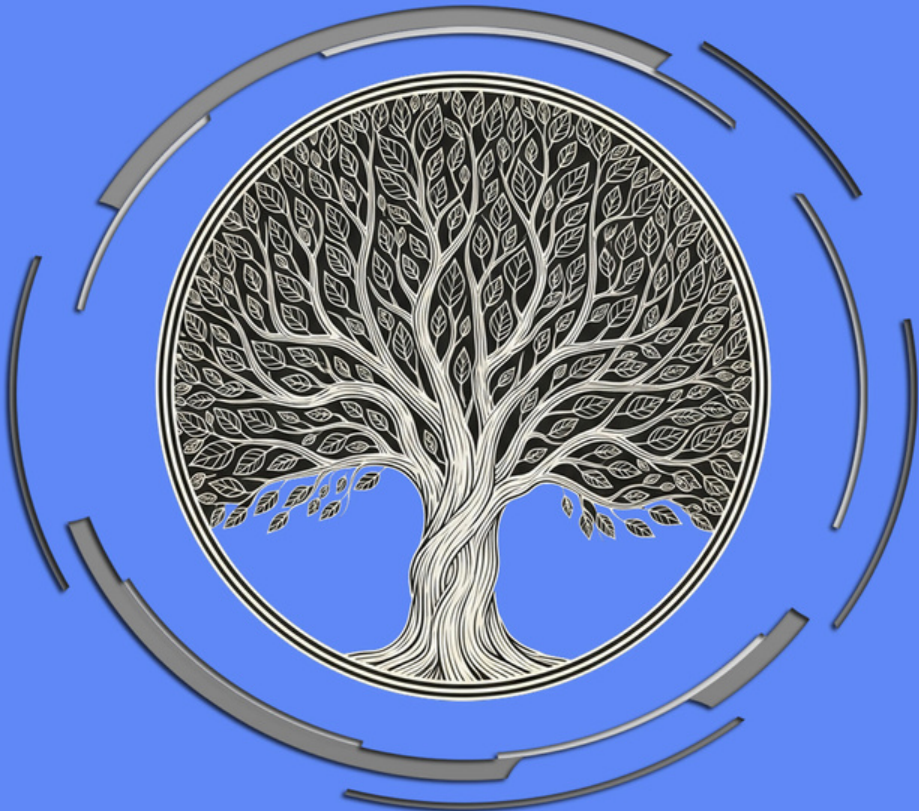
Reflection Question:

What is the very first action I can take right now to make my decision real, and when will I do it?

Conclusion

You've just walked through seven days of clarity-building, courage-growing steps—and every single one was a seed planted in the soil of your future. The real mastery isn't in knowing what to do; it's in doing it, again and again, until decisiveness becomes a part of who you are. Keep this guide close. Revisit it whenever life feels tangled or uncertain. And remember—your next clear decision isn't just a choice...it's a turning point. The pen is in your hand. Write the next chapter with courage." — Yewtree Legacy

"One clear decision can change your day—many clear decisions can change your life." — Yewtree Legacy

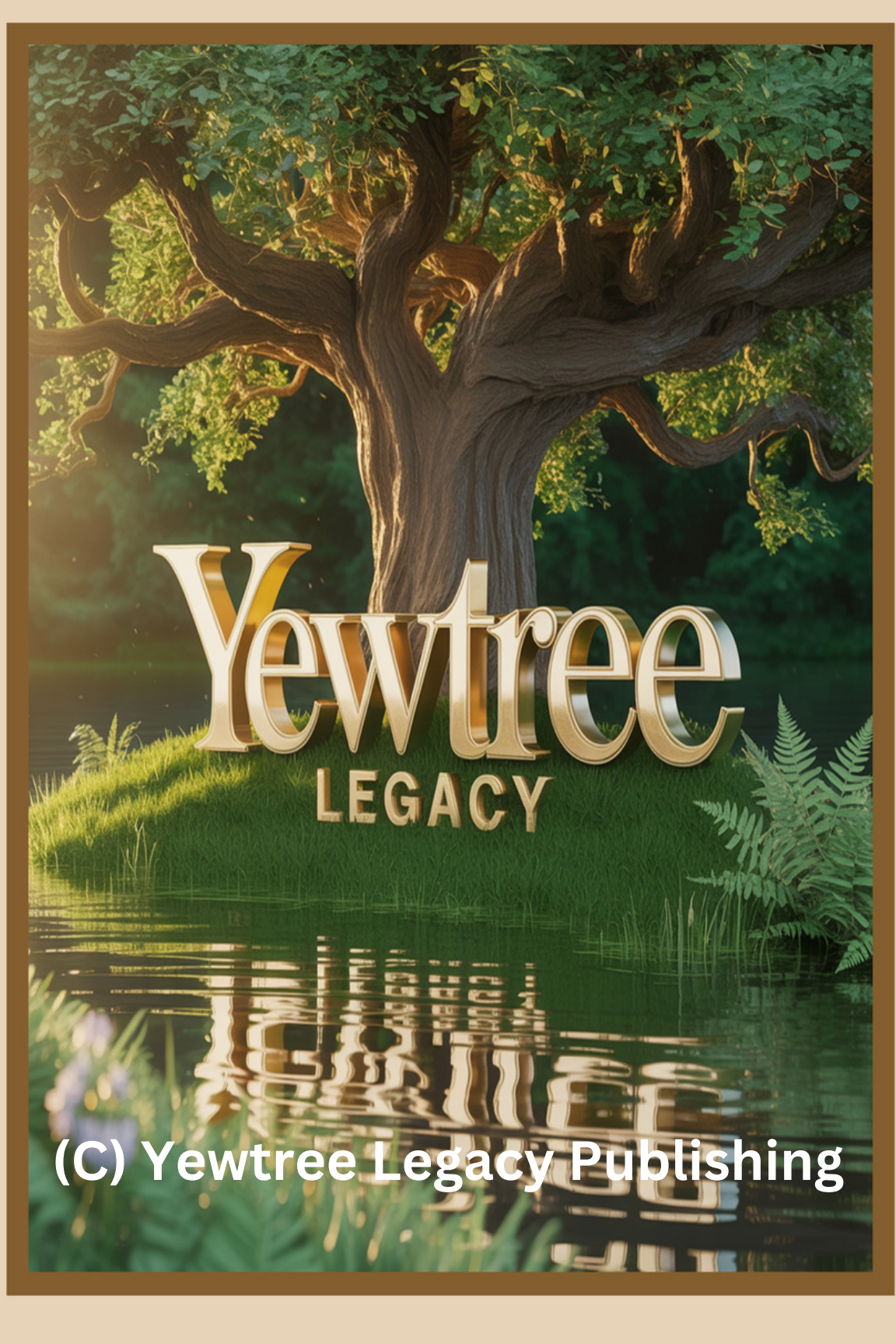




Start Over at Zero:™
Embracing Contentment
beyond the Pursuit of Happiness

Live.
Inspire.
Reset.

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