



A simple guide to everyday decisions.



Thoughtful living, made simpler.

www.wisdominwhimsy.com

Why this guide exists.

Life fills up quietly. Decisions stack before we notice. What once felt simple can start to feel heavy—not because it's hard, but because there's too much competing for attention.

This guide exists to help you pause, clear the noise, and gently reconnect with what matters most right now. It's not a system to follow or something to finish. It's a place to reset when decisions feel louder than they need to be.

Use it once. Return when needed. Or open just one page and close the rest.

A moment to reset.

Before deciding what comes next, it helps to notice what's already taking up space.

Take a breath. There's no need to organize or solve anything yet.

What feels heavy right now?

(Write freely. No editing.)

What's asking for attention soon, but not today?

What can wait, be simplified, or released for now?

Clarity often comes from naming, not fixing.

What matters right now.

Not everything deserves equal attention. Focusing on fewer things can make decisions feel steadier and progress more possible.

You don't need to fill every space.

Right now

(One to three things that truly need your attention.)

Coming up

(Important, but not urgent.)

Later

(Permission to let go for now.)

Planning, made lighter.

Planning doesn't have to mean doing more. Sometimes it's simply about naming what's ahead so it doesn't keep circling in your mind.

You're not creating a perfect plan here—just a clearer direction.

Is there one small step that would make something feel easier this week?

A gentle reminder.

You don't need to have everything figured out. Thoughtful decisions take time, and it's okay to move at a pace that fits your life right now.

Progress can be quiet. Clarity can come in small moments. And you're always allowed to return to this guide whenever life feels full again.

**You've taken time
to think carefully
about what matters.
That counts.**

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