

● Clear Sky Consulting

The Clear-Head Checklist

Three questions that cut through any big decision.

A CLEAR SKY CONSULTING GUIDE · [CLEAR-SKY-CONSULTING.AU](https://clear-sky-consulting.au)

When a decision feels impossibly tangled, you're rarely short of information - you're short of clarity. These three questions, drawn from thousands of advisory sessions, reliably reveal what you're actually deciding.

1. What are you actually choosing between?

Most stuck decisions are stuck because the options are blurry. People agonise over a false binary while a third, better option sits unnamed.

Write the real options down, plainly. Often the act of naming them resolves half the difficulty.

2. What would have to be true for each option to be the right one?

Instead of asking which option is best, ask what would have to be true for each to be best. This turns anxiety into investigation - now you have something concrete to check, rather than a feeling to wrestle with.

3. Which regret could you not live with?

When options are genuinely close, stop optimising and look at the downside. You can live with most disappointments. The decision usually comes down to the one regret you couldn't make peace with - and that's worth listening to.

Your one-page checklist

- ✓ I've written down the real options - including any I'd been ignoring.
- ✓ For each, I know what would have to be true for it to be right.
- ✓ I've named the downside I genuinely couldn't live with.
- ✓ I've separated what truly matters from the noise.
- ✓ I know my next concrete step.