



I'm in the middle of a decision-making moment right now, and I can feel it - the heaviness in the chest, the slow-drawn breath, the way the room seems to tilt toward every "should." If decision-making had a dress code, mine would be couture with a touch of streetwear: chic, a little risky and undeniably personal. I'm noticing the weight as it sits on my shoulders, a reminder that a choice is not just a choice - it's a statement about who I am and what I'm willing to stand beside tomorrow.

### **Why Decisions Aligned With Your Inner Will Feel Heavy**

The truth is, decisions become hard when they start chasing their own tail: not what we want, but what others think we want. External validation arrives like a chorus in a fashion show - the cheering, the likes, the "you go, girl!" moments - that can sound delicious until you realize the mic is not on you. It's on the audience. And suddenly, the thing you're about to decide becomes less about your true wants and more about a reflection of others' expectations. That's heavy - like wearing a gown that doesn't fit

your nerve, in a room full of lights that ask you to look “perfect” instead of truthful. This can become extremely frustrating.

From the outside, decision making can feel like a performance. But the magic - and the weight - begins when you shift the spotlight inward, to a place of fulfilment, conviction, and your own will. Fulfilment is not the same as happiness in the moment; it's the alignment of your choices with what nourishes your life over time.

Conviction is the spine you grow from repeated acts of choosing you, which then translates into self-confidence because you can trust your choices. Your own will is the driving seam that holds the whole garment together, even when the critics are loud or the weather is stormy. When you make a decision from that trio: fulfilment, conviction, and your own will - you may still feel the heaviness, but you'll feel it as a signpost, not a prison.

Let me be clear: heavy feelings don't automatically mean you're wrong. They often signal a pivot that asks you to trust your own judgment more than the crowd. This heaviness protects your integrity, acting as a boundary that keeps you from a life you'd later regret. The aim isn't to banish the weight, but to move through it with clarity and steady, confident footing.

Here are a few strategies I'm using (and you can try) to move toward decisions that feel both true and aligned in the long run. Spoiler: sometimes easier said than done.

## **Practical Ways to Make Decisions Aligned With Your Inner Will**

Body checks that keep you in your lane

- Ground yourself in your own skin first. Before assessing options, notice the body: where is the breath? where is the jaw or the neck tightening? Name the sensation without judgment. A few slow breaths can soften the fabric of your thoughts, and a quick journal note can pull you out of the fog: “I feel heavy because I’m worried about X, Y, Z; what would ease that weight right now?”
- Do a values audit, not a popularity poll. List your top five values (for example: autonomy, generosity, growth, steadiness, creativity). Look at each option through that lens. The right choice may be imperfect, but if it’s aligned with your core values more often than not, it’s a good sign.
- Run a fulfilment-first test. If you could not rely on anyone else’s opinion, which option would you choose? If your answer is unclear, what would need to be true to push you toward one path? This isn’t a vote you cast for the world; it’s a vote you cast for your own life!

## **Journal Prompts to Support Decisions Aligned With Your Inner Will**

Three quick prompts to journal tonight

- Prompt 1: What decision feels most like the version of me I want to become in five years? Why?
- Prompt 2: What are the “shoulds” I’m hearing most loudly, and which of them are truly mine?
- Prompt 3: If I fail, what is my next move that would still feel like a personal win? How does that affect my choice today?

## **A Decision-Making Matrix Based on Inner Fulfilment**

Make it a three-layered decision matrix

- Layer A: Personal fulfilment. How deeply does this align with my long-term happiness, meaning, and energy?
- Layer B: Conviction. Do I feel a pull from within that this is the right direction, even if it's uncomfortable?
- Layer C: External validation. How much would someone (a boss, a partner, a friend, social media) approve of this choice, and does that approval matter to me in the long run?

If the matrix tips toward external approval too heavily, you're not rejecting the audience - you're just deciding who gets to sit on your throne. And your throne is reserved for YOU!

Own your "heavy" as a signal, not a verdict

Heavy feelings signal that something meaningful is at stake. They're not a sign you're failing; they're a sign you're choosing something that matters., at least to you. The trick is to keep moving with grace. You can acknowledge the weight without letting it dictate the verdict.

## **How to Lighten the Load Without Losing Your Truth**

Practical moves to lighten the load without dulling your edge

- Pre-commit to a small, reversible action. Tell yourself you'll try option A for two weeks, and if it doesn't fit, you'll pivot without guilt. The consequence threshold is lower when you treat the choice as a living experiment.
- Create a "front-row" support group. Gather two or three trusted people who know you well and won't try to rescue you from your truth. Ask them to reflect back what they see about your alignment with your values and your sense of conviction - not to tell you what to do, but to illuminate your interior compass.
- Practice a "no-apology" stance. You don't owe ANYONE a full narrative for your decision, especially if your reasons are inward and non-negotiable. It's okay to say, "This is where my line sits," and stand there with a calm certainty.

This perspective echoes Brené Brown's reflections on vulnerability and integrity — a quiet reminder that choosing from inner truth often requires courage. You can explore her work [here](#)→

### **Choose With Conviction: A Life That Reflects You**

The moment you choose for you, you choose for your whole life

This is not about choosing the perfect option; it's about choosing the option that fits YOU best, carries your signature and can be lived with integrity. Decisions made from fulfilment and your own will tend to age well. They become stories you tell with honesty on the front row of your life, not footnotes to someone else's expectations.

In the end, the weight you feel can sharpen your focus and help open pathways to a life which reflects who you are. The goal is not to erase doubt but to wear it as a

*Beat external Validation - Decisions aligned  
with your inner will, fulfilment and conviction  
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tasteful accessory: something you carry with poise, then release when it no longer serves your deepest truth.

If you're in a decision-making phase right now, take a breath, name the heaviness and run your inner couture through the three lenses: fulfilment, conviction and your own will. Let your choice be a statement about who you are and who you're becoming, not a mirror held up to someone else's expectations.

I'd love to hear from you. What decision are you weighing and which part of yourself are you trying to honor with it? Share a note in the comments about, decisions aligned with your inner will, what you're learning about choosing with your own will, or tell me how heaviness has shown up for you and how you've moved through it with grace and a touch of boldness. After all, the most magnetic decisions are the ones that feel deeply personal and irresistibly true.

