



ARE YOU MISSING FROM YOUR OWN DECISIONS?

A first look at the Include Yourself Checklist

Five questions that reveal whether your needs, values and voice are present in the choices you make.

THE POINT IS

Small conscious choices create a different trajectory.

Created by Toni Ann Martin

Founder of Free to Be SHE™



You Belong in the Decision

Considering yourself is not the same as disregarding everyone else.



You may be highly skilled at considering what everyone else needs. The question is whether you appear anywhere in the decision.

Ask yourself...

- What do I genuinely want?
- What is my body communicating—expansion or retraction?
- Am I choosing from love, fear, guilt or urgency?
- What will this choice cost me in time, energy or peace?
- Does this choice include me too?

THE POINT IS

A decision that affects your life should contain your needs, values and voice.

TRY THIS

Say: “I am going to give myself time to think before I answer.”



The One-Minute Decision Filter

Four questions can reveal whether you are present in the choice.

WANT

If nobody were disappointed, what would I genuinely want?

BODY

Does my body feel open and grounded—or tight, heavy and withdrawn?

COST

What will this choice cost me in time, energy, money or peace?

INCLUDE

What adjustment would allow this decision to include me too?

TRY THIS

Do not ask only, “Can I do it?” Ask, “What will doing it require from me?”

One decision I can put through this filter:



When Guilt Tries to Decide

Discomfort is information—not a command.

Guilt may appear when you begin choosing differently, especially if other people are used to immediate access to your time and energy.

Grounding truths

- Feeling guilty does not prove that I am doing something wrong.
- Another person's disappointment is not an emergency.
- I can care about someone without taking responsibility for every feeling.
- A choice can be loving and still have a limit.

REFLECT

If guilt were not making this decision, what would wisdom choose?

The truth I most need to remember:



Ready to Go Deeper?

The complete resource is waiting for you.



You have now recognised the beginning of the pattern. The full guide will help you understand it more deeply and turn that awareness into practical change.

YOUR NEXT STEP

Enter your first name and email address on this page to receive the complete guide.

Inside The Include Yourself Checklist

- The complete ten-question decision check
- Your personal decision-filter worksheet
- Support for responding to guilt
- Grounding truths to practise
- A seven-day conscious-choice tracker

Your guide will be sent directly to your inbox.

freetobeshe.com • info@freetobeshe.com

Helping women understand themselves so deeply that they finally feel free to choose differently.

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