

BIG DECISIONS

YOUR CHANGE STARTS HERE



Maureen York



Let's lift the veil of self
doubt so you can follow
the nudge that is calling
you forward

This guide belongs to



MAUREEN YORK
BIG DECISIONS BOLD TRANSITIONS

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Hello, I'm Maureen



For over 15 years, I have been helping people navigate life's transitions with greater clarity, confidence and inner peace.

Although I originally trained as a Personal Transformation Coach in 2009, it wasn't long before I became fascinated by something much deeper. I noticed that my clients were experiencing profound and lasting change without relying on endless strategies, techniques or willpower. That discovery led me to train as a Mindset Coach, where I began to understand that lasting transformation comes from changing the way we see ourselves and our experience of life.

Since then, I have coached clients around the world through career changes, health challenges, relationships, confidence, self-worth and major life decisions. Yet beneath every conversation has been the same invitation: to reconnect with the wisdom, resilience and peace that already exist within.

My own journey has taught me that life's greatest transformations rarely come from becoming someone different. They come from remembering who we really are.

Today, I live in Spain with my wonderful husband, Justin, where I continue to coach, write and develop resources that help people live with greater authenticity, purpose and ease.

I believe each of us has an Inner Diamond—a part of us that remains whole, wise and unbroken, regardless of life's circumstances. My work is simply to help people rediscover it for themselves.

Because when we begin to trust our own inner wisdom, our decisions become clearer, our relationships become richer, and life becomes something to experience rather than simply endure.

I hope this guide offers you that same opportunity.

Maureen



If the opportunity has arrived, readiness already exists!

Let's be clear:

It's not indecision. It's a process.

- Big decisions create noise
- Noise isn't failure, it's information
- The goal isn't certainty
- The goal is steadiness + a clear next step

Have you always made decisions like this?

- Be 100% confident first
- Get abundantly clear first
- Be absolutely ready first

Only once these are in place should you act...

What if I told you there's another way...

It's the **Readiness Factor**:

- It starts with a Feeling, an inclination, a nudge
- It's Recognition that you are already ready
- It's the inner knowing beneath the noise

It comes down to having a **deeper awareness**

What's your big decision?

If you're here, there's a good chance life is tapping you on the shoulder.

Here's what I want you to know straight away: you don't need to figure this out by force.

Big decisions don't respond well to pressure.

This guide is here to help you see what's really going on inside you when a big decision is on the table, so you can decide from calm clarity, not mind-noise.

How to use this guide

Pick one decision or opportunity. Read slowly. Answer the prompts honestly (not perfectly). Then choose one calm next step you'll take within the next 72 hours.

Your big decision (one sentence)



Let's set the stage for your best learning experience

- Allow for 90 minutes of uninterrupted time, and switch off your phone and all devices.
- Print out this guide.
- Make sure you have a nice hot drink, and some tissues. It's normal to feel emotional when you journey inwards.
- Get comfy and warm.

Let's get started



Your Internal Map

You'll move through 6 stages before a big decision

These stages aren't a test. They're a map.

You might move back and forth between stages.

That's normal.

We're not aiming for certainty, we're aiming for a calm centre.

When you can name your stage, you stop making the noise mean something is wrong with you. You start meeting yourself where you are, and that's when things get easier.

Because you're reading this guide, you'll probably say yes to one or more of these:



You've been
getting
nudges to
change

Something
has felt
"off" in
your life for
a while

You doubt
you are
ready for
this massive
opportunity

So now you know you're in the right place, let's enjoy a little exploration.

There are 6 hidden stages that you go through before making a decision. Depending on the magnitude of the decision will depend on how long you stay in each stage.

This is normal.

The good news is you don't have to worry about any of it.

The 6 Stages

01

The Nudge

Something deep within knows this
isn't right any more

02

The Noise

You're mind gets louder and louder
as a means of protection

03

The Split

Safety and growth are pulling you in
opposite directions

04

The Truth

A quieter clarity appears
(even if fear is still present)

05

The Gap

You know...
but you don't feel ready yet.

06

The Choice

And finally...A grounded next step
you can stand by



Which stage are you at today?

Nudge, Noise, Split, Truth, Gap, Choice

- If you had to choose one, which stage fits you most right now?
- What stage have you been living in?
- What stage do you keep returning to?

Remember there are no right or wrong answers, this is just a recognition of where you are at.

Time to begin...

My current stage is:

Remember:

Whatever stage you are currently at means *nothing* about you as a person. It is just information!

Stage *One*

The Nudge



STAGE 01

The Nudge is your awareness speaking to you

How do I know it is an actual “nudge”:

- It feels like something is “off”, even when nothing has changed or is wrong in your world.
- You may feel restless, or experience a low mood or a flatness, or even experience irritation.

All of these sensations are your inner wisdom tapping you on the shoulder, attracting your attention.

And here’s the kicker, once you are aware of it, you cannot unsee it.

The genie is out of the bottle.

“This doesn’t fit” starts to appear more and more often.

You may minimise it as *“I’m just tired”* or you have had a bad day.



STAGE 01

How do you respond to the “nudge”?

Does this sound like you? Do you recognise the signs?

If so, I invite you to breathe...

You have arrived at Stage 1 - The Nudge

You may have been ignoring the signs for a while but they are now becoming louder and more frequent.

You now can't ignore them any longer.

Now is the time to decide:

- Are you going to follow the nudge or ignore it?
- If you ignore it then the rest of this report is not for you

Stage

Two

The Noise



STAGE 02

Let's put this into perspective...

Self doubt is not who you are, it is just information on the quality of your current thinking.

Your mind can get REALLY loud and it feels like you can't switch it off.

You might keep asking yourself: "What if I regret it?"

You may experience disturbed sleep, and constant rumination. Going over and over in your mind whether this is the right decision.

You can go into overdrive with excessive researching/ over asking people for their thoughts and opinions.

What you are trying to do is to control uncertainty with thinking.

And the solution is simple (but not necessarily easy):

"Learn to recognise the difference between noise and inner wisdom."

The noise you experience in your mind is like a brass band inside your head.

Whereas your wisdom is like the gentle flute which creates calm.



STAGE 02

Without over thinking, write your current biggest decision here

My biggest decision

How it makes me feel

How it affects my life



STAGE 02

Imagine my life when this decision has been taken



Feel your confidence rise

Take the words you just wrote and make a mind movie of it.

Close your eyes for 3 minutes, breathe deeply and watch your mind movie.



Now you know how you want your life once this decision has been made

It's time to make it real.

Stage

Three

The Split



STAGE 03

“Choices are the hinges of destiny.”

Edwin Markham



STAGE 03

**The opportunity comes into view
when you are ready to receive it.**

“Readiness is when your desire is stronger
than your distraction.”

— Skip Prichard





STAGE 03

Your subconscious mind creates distractions because you:

- May not feel inadequate
- Don't feel you are ready yet
- You want to feel more empowered
- Think it is protecting you somehow

This is the “**Split**” in action.

It pulls your mind in different directions and you don't know which way to turn, what to believe, let alone what decision to take.





STAGE 03

How do you stop the chaos in your mind?

It's at this point you'll start searching for the solution. You just want the silence to return in your mind.

No matter how many self help books you read, or podcasts you listen to or people you ask, none of these have the solution you are seeking.

And the to and fro in your mind is now becoming unbearable...and you begin to believe there is something "wrong" with you.

It's only when you stop and breathe that some calm returns.

And the good news is that once you are calmer, you begin to glimpse a new perspective.



Stage *Four*

The Truth



STAGE 04

Embrace your vulnerability

You are stronger
than you think



And Breathe...

So, you've finally realised that the only way is to take the leap and uplevel your life. It generally arrives quietly and can feel simple, calm and almost too obvious.

There may still be some hidden doubts or concerns, or even some deeper realisations such as: "I can't keep doing this"

This is normal, just breathe, you will be fine.

You've been trained to trust noise more than wisdom and can often talk yourself back out of what you already know.

It doesn't matter how long you have spent considering, debating or ruminating over the decision. The fact that you have made it to this stage is indicative of the fact that you are learning to trust your inner wisdom which is wonderful.



Weather Thinking...

This will provide you with a deeper level of awareness. You will deal with the decision you're working on today, and you can use the same understanding for other issues going forward so your life feels better.

"The more light you allow within you the brighter the world you live in will be." -- Shakti Gawain



Weather Thinking...

The art of making decisions
from fleeting thoughts

Research shows that we have in
excess of 60,000 thoughts
every day

All thought is fleeting.

We are not aware of the vast majority of the thoughts we have every day. However, the thoughts we are aware of feel really authentic and true.

But all thought is a creation of the mind, and is made up.

The challenge is that when we're anxious, temporary thinking can look permanent and true.

The most important factor here is that not every thought deserves a decision.

Most thoughts are simply temporary mental weather.

And Breathe...



STAGE 04

Consider the following reflective statements:

I can no longer keep...

I'm ready to...

What I know is...

Stage

Five

The Gap



STAGE 05

In the tapestry of my life

I weave the threads of my
past experiences into lessons



The Readiness Gap

You know you are ready to uplevel your life, but there is a hesitency.

Not yet...

You may have some unsettling thoughts such as:

- Feeling you are on the edge of a precipice
- Don't I have to wait until I'm 100% confident
- Who am I to do this?
- You may even fear being seen and judged

It takes 66-72 days to create a new habit. Creating a mind movie making sure you integrate your decision and new direction and embed your changes.

Tapping into your mind movie of you embodying your new direction will provide the internal scaffolding while your mind catches up and embeds the upgrade.



STAGE 05

Reflection

“What do I need to believe before I’m allowed to move forward?”

Stage *Six*

The Choice



**If the opportunity has arrived,
readiness already exists!**

You are ready...



Final questions:

My next right step is... (small, doable)

I'll do it by... (date/time)

Support I need is... (one person, one resource)

**Your
next
steps**



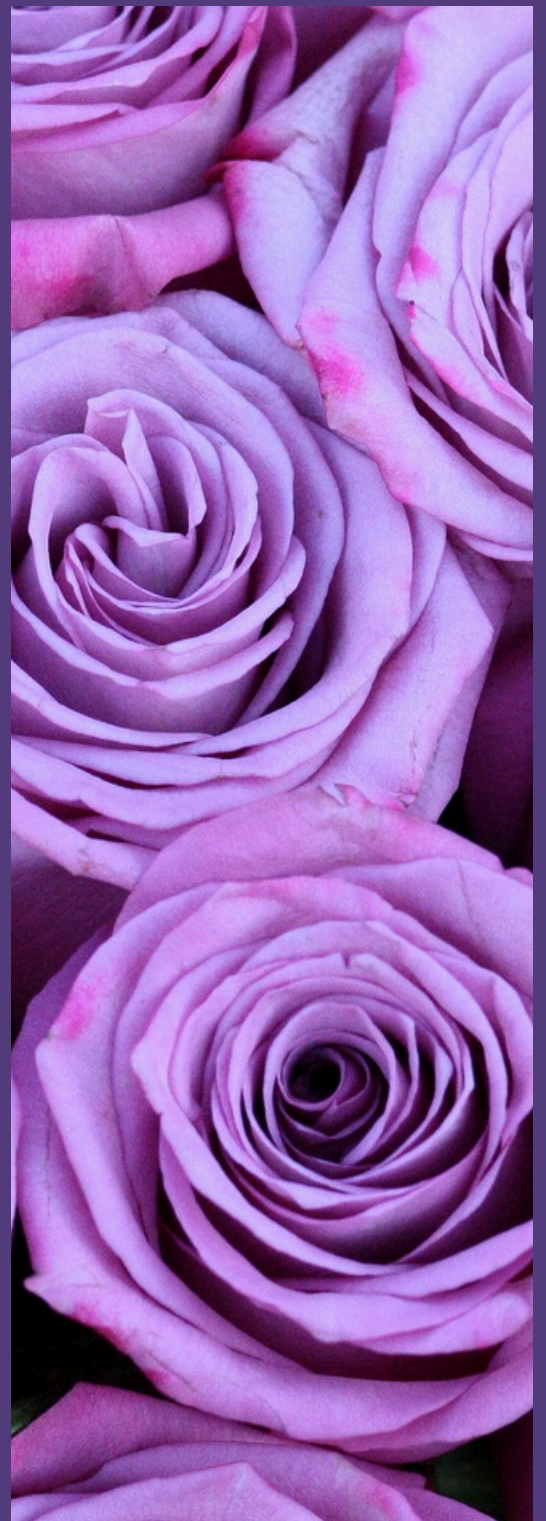
Now let's have a free video conversation

Congratulations on navigating the first exploration of moving towards your big decision.

To complete my special gift to you I'm offering you a free video conversation directly with me on Zoom.

Here we can discuss your results, and decide on your next steps between us.

BOOK NOW



BOOK NOW