

DECISIONS AHEAD OF TIME

AS YOU CREATE DECISIONS FROM A CONSCIOUS AND DELIBERATE PLACE (YOUR ALPHA STATE), YOU WILL NOTICE HOW POWERFUL IT IS TO MAKE OVERALL DECISIONS ABOUT YOUR BUFFERING AHEAD OF TIME.

HERE ARE SOME EXAMPLES OF SOME DECISIONS MADE AHEAD OF TIME. ON THE NEXT PAGE CREATE A LIST OF YOUR OWN DECISIONS MADE AHEAD OF TIME. YOU MAY ADOPT SOME OF THESE OR CHANGE AND ADAPT THEM.

1

I WILL NOT ENGAGE WITH ANY ACTIVITY I USE TO BUFFER UNLESS I HAVE PLANNED TO DO SO 24 HOURS AHEAD OF TIME.

2

I WILL ONLY ENGAGE IN AN ACTIVITY I USE TO BUFFER ACCORDING TO MY BUFFER PLAN.

3

I WILL MAKE MY BUFFER PLAN SPECIFIC TO MAKE IT SIMPLE AND EASY TO FOLLOW.

4

I WILL NOT BEAT MYSELF UP FOR ANY REASON.

5

I AM WILLING TO DO CONSISTENTLY HARD THINGS FOR MYSELF
AND MY HEALTH.

6

I WILL RELY ON THOUGHTFUL PLANNED DECISIONS AHEAD OF TIME
RATHER THAN IMPULSIVE DECISIONS OR REACTIONS IN THE
MOMENT.

7

MY RELATIONSHIP WITH MY SELF AND MY HEALTH IS DELIBERATE,
PLANNED, AND HONORED.

DECISIONS AHEAD OF TIME

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____
