Why Are You Here Today?

Curious

Skeptical

Go General Exercise
If It’s Not a Hell Yes
It’s a No.
If it’s not a hell yes, it’s a no

Guiding Principle in Decision Making

Simple & Straightforward?

Decision-Making Tool

When, Where, Big/Small
If it’s not a hell yes, it’s a no

Target Audience

Disclaimer: Practitioner Status
ACKNOWLEDGE THE SWIRL

GO GENERAL

PRESS PAUSE

GET CLARITY

HELL YES!
Journey with Breast Cancer

Surgical Decision

Acknowledge the Swirl

Go General

Press Pause

Get Clarity

HELL YES!
Hell yes!

Drum roll please...

Results

Support

Ease

Buy-In
Decision-making in the swirl

What Happens?

Regret

Dissatisfaction

Burnout
And You?

What decisions do you have to make?

Can you:

- Acknowledge the Swirl
- Go General
- Press Pause
- Get Clarity

Long-term living in the Swirl
Critical components

It’s Personal

It’s Powerful
Ready and Willing?

Social Pressure and Expectations
Kinesthetic Activity

Acknowledge the Swirl

Go General

Press Pause

Get Clarity

HELL YES!
Promotion with Relocation

Acknowledge the Swirl – People, thoughts, influences

Go General – Figure Skater, Opening Exercise

Press Pause – Recharge Your Batteries

Get Clarity

HELL YES!
Situation?

Acknowledge the Swirl

Go General

Press Pause

Get Clarity

HELL YES!
Daily decision-making

Know the Signs

Hesitation

Talking Yourself (or Others) into it

Stuck/Paralysis
Review - If it’s Not a Hell yes, it’s a no

Acknowledge the Swirl
Go General
Press Pause
Get Clarity

HELL YES!
Jill Johns

Jill Johns International

912.531.4999

jill@jill-johns.com

www.jill-johns.com