

# The Seven Steps

## OF MOVING THROUGH BUYER'S REMORSE

### #1 FEEL YOUR FEELINGS

Don't bury them, don't try to silver-line them, just go into full feelings mode. Acknowledge your panic, regret, shame, anger, confusion, hope - however you're feeling. Don't take any actions yet, just let yourself feel all of it.

### #2 OPEN YOURSELF TO FEEDBACK

Give yourself permission to ask for support from friends and family. If you know someone with experience or expertise, reach out to them for insight. Whether it's feedback that helps you process your emotions, or feel more informed about your decision, this step allows you to gain perspective on the situation.

### #3 CONSIDER YOUR OPTIONS

You have the power to decide what to do next! Work through all the different steps you can realistically take moving forward so that you have a solid inventory to use in step four.

### #4 TAKE IMPERFECT ACTION

Start problem solving and experimenting with actions you can take, big or small, based on the options you listed in step three. This is where you make a beautiful mess - pick something you can do to feel better about your decision and just give it a try!

### #5 ACCEPTANCE

Accept that there are trade-offs to the decision you made, because there are trade-offs to every decision out there. You may feel better about some of those trade-offs after step four, but there might also be some you can't do anything about. You have to accept those trade-offs in order to reflect and move on.

### #6 REFLECT ON THE LESSONS LEARNED

This has not been all for nothing, and it's not an unrecoverable mistake. With the clarity you've gained from steps one through five, take time to reflect on the lessons you've gained from this that could save you money, heartache, or just help you make better decisions in the future.

### #7 TURN BUYER'S REMORSE INTO DECIDER'S DELIGHT

Roll up your sleeves and find reasons to support your brain in believing you made the right decision. This is the opposite of beating yourself up for a perceived mistake. The decision has already been made - now is the time to bolster yourself and your decision to start cultivating some decider's delight!

DECIDER'S DELIGHT IS WHEN YOU'VE MADE A DECISION TO DO OR BUY SOMETHING, AND THEN YOU FIND REASONS AFTER TO HELP SUPPORT YOUR BRAIN IN BELIEVING IT WAS THE RIGHT DECISION. IT'S THE OPPOSITE OF BEATING YOURSELF UP FOR A PERCEIVED MISTAKE. IT'S BOLSTERING YOURSELF AND YOUR DECISION AFTER THE DECISION HAS ALREADY BEEN MADE.



-KANEISHA, SCALE YOUR JOY EP 13

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