

A man in a dark suit and white shirt is shown in profile, looking thoughtful with his hand to his chin. The background is a soft-focus interior with light-colored curtains. In the top left, there are two overlapping circles: a dark blue one with the text 'CAROLINE WEBB' and a yellow one with 'how to have a good day'. In the top right, a dark blue banner contains the text 'WEDNESDAYS AT 10AM ET' and 'CAROLINEWEBB.CO/LIVE'. At the bottom, a large yellow semi-circle contains the episode title.

CAROLINE
WEBB

how to have a
**good
day**[®]

WEDNESDAYS AT 10AM ET

[CAROLINEWEBB.CO/LIVE](https://carolinewebb.co/live)

EPISODE 4

**How To Deal With Dilemmas
With (Greater) Ease**

Deal with dilemmas with greater ease

STOP THE SWIRL

- "What do I know for sure?"
- "What's my overarching goal?"
- "What are the obvious options?"

FILL IN THE BLINDSPOTS

- "What would you have to believe for this option to work?"
- "What else could I do?" (Not "what should I do?")

BE PROUD OF THE PROCESS

- "How can I be true to my values in this decision?"
- "Have I done my best to make a wise choice, while accepting that there's no right answer?"



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**Find the recording
and materials at:**

carolinewebb.co/live/episode-4

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