

There's A Second Signature On Your Decisions

Breakfast with Champions

What this is for

A decision can be entirely adult and still not fully execute — because a younger part of you hasn't signed off yet.

Find where an old, unspoken rule is quietly co-signing — or blocking — a decision you've already made.

Before you start

No materials needed. Just a decision that hasn't moved the way you expected it to.

- A real decision you've made — properly, consciously — that's stalled, softened, or slowed down since.
- 10 minutes, somewhere you can think without being interrupted

The exercise

Don't force the answers. Notice what shows up first.

1. Name the decision, and be honest about how much it has — or hasn't — actually moved.
2. Ask: if a younger version of me hasn't signed off on this, how old would they be? Don't force it — just notice what surfaces.
3. Ask: what did they believe was dangerous about this, back then?
4. Ask: what would that younger you need to know now — that they didn't know then — to feel safe enough to sign off?

Your notes

Jot whatever surfaces — full sentences not required.



What you noticed

What did you find out about what's actually been holding the decision back?

Your one next action

Small enough that it actually happens. Before we next meet.
