

**DEFINE DESIGN ALIGN** 



## THE DDA EXPANSION METHOD FOR DECISION MAKING

- 1. Get comfortable and close your eyes
- 2. Think about a decision you need to make, big or small.
- 3. Let go of all your mental chatter that may be happening around your decision. Take a deep breath. Drop that decision down into your belly and feel it.
- 4. Now take the first option that you have and, in your mind, walk yourself to the outcome.
- 5. Holding this answer in your mind, tune into you body and see how you feel.
  - \* Do you feel contracted? Contraction might feel like deflated, compromised, or anxious.
  - \* Or do you feel expanded? Expansion can feel like a sense of power, freedom, deep excitement, alignment or an inner YES.
- 6. Now take the second option that you have and, in your mind, walk yourself to the outcome.

When doing this exercise, it's important to understand a couple of things. One, that fear may be present even when you are expanding but there are other indicators that will tell you, you are moving into alignment. Such as a subtle sense of hope or freedom.

Two, that if you don't get a clear answer then what you may need is more information to make your decision so give yourself the time and space you need to gather that information and do the exercise again. Or you may have a story that is blocking that information from coming through which case you would use The SHIFT Method to help with your next steps then return to this exercise again.