

# Unshakeable Decisions

*Still your mind. Sharp your decisions.*

A 7-Module Course for Mid-Level Managers Navigating the AI Era

## This course is for you if...

- You're a mid-level manager drowning in decisions—and most of them aren't even yours to make.
- You adopted AI tools hoping for relief, but somehow ended up with more on your plate.
- You know you should be thinking strategically, but the day runs you before you can run the day.
- You're tired, not because you're lazy, but because your energy is going to the wrong decisions.
- You want a practical, repeatable system—not another productivity hack that fades in two weeks.
- You're curious about how ancient wisdom (Bhagavad Gita, Yoga Sutras) can make you a sharper modern leader.

## WHAT YOU'LL WALK AWAY WITH

- A personal decision-making system that runs on autopilot
- 6-8 hours reclaimed every week from misallocated decisions
- A 60-second clarity tool for high-pressure strategic moments
- Clear boundaries between AI decisions and human judgment
- Complete audit of where your energy actually goes
- Ancient frameworks adapted for the modern AI workplace

7  
Modules

50+  
Chapters

~5 hrs  
Total Content

14+  
Downloadable  
Templates

Self-Paced  
Learn on Your  
Schedule

# Course Curriculum

## MODULE 01

AVAILABLE NOW

### The Decision Fatigue Crisis

*Understand why AI is making you more overwhelmed, not less.*

43 min | 9 Chapters

1. The 4pm Crisis — Why today feels impossible
2. The Decision Explosion — What the data reveals
3. The Three Types Framework — Your core sorting tool
4. Operational & Mechanical Decisions — What to delegate and automate
5. The Framework in Action — Real scenario walkthrough
6. The Decision Audit Process — Track before you fix
7. Calculating Your Recovery — Find your 6-8 hours
8. The Energy Equation — Good vs depleting exhaustion
9. Your Next Steps — Action items and downloads

**Included Deliverables:** *Decision Audit Worksheet (8-page fillable PDF) • Three Types Framework Template (1-page quick reference)*

## MODULE 02

AVAILABLE NOW

### The Clarity Filter Framework

*A 60-second tool for making strategic decisions under pressure.*

44 min | 7 Chapters

1. Why Strategic Decisions Fail — The real problem
2. The Four Questions — Your decision circuit breaker
3. Question 1: What's the Real Question? — Reframe every time
4. Question 2: What Won't Change? — Find your guardrails
5. Question 3: What Does This Unlock or Block? — Second-order thinking
6. Question 4: What Would I Decide With No Fear? — Cut the politics
7. The Framework in Action — Live scenario walkthroughs

**Included Deliverables:** *Clarity Filter Pocket Card (laminated-ready PDF) • Decision Scenario Practice Workbook*

## Course Curriculum (continued)

MODULE 03

COMING SOON

### The Energy Audit

*Map your three decision modes and learn to operate from clarity.*

~40 min | 8 Chapters

1. Your Three Decision Modes — Clarity, Reactive, Avoidance
2. Mapping Your Energy — When are you at your sharpest?
3. The Reactive Trap — Why pressure kills strategy
4. The Avoidance Pattern — The decisions you keep postponing
5. Designing Your Decision Windows — Protect your best hours
6. The Morning Protocol — Start every day in Clarity Mode
7. The Reset Ritual — Recover mid-day when drained
8. Your Energy Audit — Build your personal map

**Included Deliverables:** *Energy Audit Map (fillable PDF) • Weekly Decision Window Planner*

MODULE 04

COMING SOON

### The Detachment Principle

*Commit fully to your decisions without carrying the anxiety.*

~38 min | 7 Chapters

1. What Detachment Actually Means — Not what you think
2. The Bhagavad Gita Framework — Ancient wisdom, modern application
3. Committing Without Clinging — Make the call, release the outcome
4. Managing Stakeholder Pressure — Stay grounded under scrutiny
5. When Decisions Go Wrong — Respond without spiraling
6. The Review Without Regret — Learn fast, move forward
7. Building Your Detachment Practice — Daily habits

**Included Deliverables:** *Detachment Decision Journal (guided PDF) • Stakeholder Pressure Response Scripts*

## Course Curriculum (continued)

MODULE 05

COMING SOON

### Building Decision Resilience

*Build the daily practices that make great decisions your default.*

~42 min | 8 Chapters

1. What Resilience Really Is — Bouncing forward, not back
2. The Decision Diet — Eliminate low-value choices
3. Batch Decision Making — Group similar decisions together
4. The Pre-Mortem Habit — Stress-test before you commit
5. Building Your Decision Log — Learn from your pattern
6. The Weekly Decision Review — A 20-minute practice
7. Resilience Under Pressure — When the stakes are highest
8. Your 90-Day Resilience Plan — Make it stick

**Included Deliverables:** 90-Day Decision Resilience Tracker • Weekly Review Template

MODULE 06

COMING SOON

### Human Decisions in an AI World

*Define where AI ends and where your judgment begins.*

~45 min | 9 Chapters

1. The Automation Boundary — What AI cannot decide
2. Building Your Personal AI Workflow — Tools and triggers
3. The Delegation Matrix — AI vs human vs you
4. Evaluating AI Recommendations — When to override
5. Managing AI-Augmented Teams — New leadership skills
6. The Trust Calibration Problem — How much to rely on AI
7. Communicating AI Decisions to Stakeholders
8. Staying Irreplaceable — Your uniquely human edge
9. Your AI Decision Charter — A personal governance document

**Included Deliverables:** Personal AI Workflow Blueprint • AI Decision Charter Template

## Course Curriculum (continued)

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MODULE 07

COMING SOON

### The Source — Ancient Wisdom for Modern Decisions

*Return to the philosophy that started it all. Chisoku in action.*

~40 min | 7 Chapters

1. Chisoku — Stillness as a competitive advantage
2. The Yoga Sutras on Decision Making — Chitta Vritti Nirodha
3. The Bhagavad Gita's Leadership Model — Nishkama Karma
4. Integrating Ancient and Modern — A unified framework
5. The Unshakeable Manager — What this looks like in practice
6. Your Personal Philosophy — Write your decision manifesto
7. Graduation and Next Steps — Where to go from here

**Included Deliverables:** *Personal Decision Manifesto Template • Recommended Reading & Practice Guide*

## Invest in Your Decision-Making

### EARLY BIRD

Join the Waitlist

**Rs. 2,999**

\$39 USD

Limited spots. Lock in your price now.

### FULL PRICE

At Launch

**Rs. 4,999**

\$59 USD

Complete 7-module bundle. Lifetime access.

## Everything Included in Your Enrollment

- **7 Complete Modules** 50+ video chapters across the full course — self-paced, rewatch anytime.
- **14+ Downloadable Templates** Fillable PDFs, worksheets, and frameworks for every module.
- **Lifetime Access** No expiry. Return to any module as your role evolves.
- **Mobile Friendly** Watch on any device. Learn during your commute, between meetings, anywhere.
- **Free Updates** As new content is added, you get it automatically. No extra cost.
- **Completion Certificate** A shareable certificate from Chisoku Lab upon finishing all 7 modules.

### Join the Waitlist Today

Lock in your Early Bird price of Rs. 2,999 / \$39 USD

[chisokulab.com/unshakeable-decisions](https://chisokulab.com/unshakeable-decisions)

Course launches soon. Waitlist members get priority access + early bird pricing.

**About Chisoku Lab** — We exist at the intersection of ancient wisdom and modern AI strategy. Chisoku (■■■) is a Japanese concept meaning 'contentment through knowing enough.' We help mid-level managers find stillness in complexity, clarity in chaos, and confidence in their decisions. Our frameworks draw from the Bhagavad Gita, Yoga Sutras, and Samurai philosophy — applied to the very real pressures of leading teams in the AI era.