

PEPPER TIME 26: THE 10-YEAR TEST

Timing: 3 minutes.

What you'll need: Your journal, a pen, and a quiet space.

What it's about: Overthinking blurs decisions. This test cuts through noise by pulling you out of fear and into perspective. Your Future Self knows the answer—this exercise lets you hear it.

How to do it:

- **Ask the question straight:** “Ten years from now, will I regret not doing this?”
 - If the answer is no: Release it. Let it go without guilt; not every opportunity is yours to take.
 - If the answer is even a small yes: Don’t ignore it. That’s your Power Brain speaking. Take the next small step: Book the call, draft the idea, share the thought. If fear shows up, revisit Pepper Time 23: Make Fear Your Compass, and name the fear before acting.

What to expect: Fear thrives in the moment; perspective thrives in the long view. The 10-year lens makes complexity simple—it shows you what truly matters and frees you from perfectionism or other people’s opinions.

Your Future Self is your compass, and the 10-Year Test is one of the simplest ways to tune into her voice. Each time you do it, you are rewiring your brain: from fear to perspective, from Judge to Power Brain, from shrinking back to moving forward. Remeber: The cost of doing nothing is almost always higher than the cost of trying.