

Pause Before You Click Checklist

A simple way to think clearly before signing up for anything online



A Gentle Reminder

You do not need to decide quickly.

You do not need to feel excited.

You are allowed to pause, ask questions, and walk away.

Calm decisions protect your confidence.



Before You Click: A Thinking Checklist

Take a moment and check each item honestly.

- I understand what I am actually being asked to do.
- I know what happens *after* I sign up.
- There is no pressure to act quickly.
- The details are clear, not just emotional or exciting.
- I could explain this to my spouse or a friend in plain English.
- I know what it will cost over time, if anything.
- I am allowed to say “not yet” or “no” without consequences.
- Add your own: _____



If you cannot check several of these, slowing down is the right move.



Using ChatGPT to Slow Things Down

You can use **ChatGPT** as a calm thinking partner.

It does not decide for you.

It helps you understand what you are looking at.

You can copy and paste short descriptions, emails, or sales pages and ask questions like these:

Simple, Safe Prompts

- “Explain this to me in plain English. What is really being offered?”
- “What questions should a cautious beginner ask before signing up for this?”
- “Point out anything here that feels rushed, vague, or unclear.”
- “What information is missing that I should look for before deciding?”
- “What are the possible risks, explained calmly?”

You do not need to use perfect wording.

ChatGPT responds to intent, not polish.



What a Real Win Looks Like

A win is **not** signing up quickly.

A win is understanding enough to make a calm decision.

Even if that decision is:

- “I need more time,” or
- “This is not for me,” or
- “I am going to pass.”

Walking away with clarity is success.



One Last Thought

If something feels rushed, confusing, or emotionally charged, that feeling matters.

You are not being negative.

You are being careful.

That is strength.



Keep this checklist handy. Use it anytime something online gives you pause.

See you at the bank. 💰

Bob