

MY DECISION

Step 1

TODAY'S DATE: April 6, 2019

DECISION DATE: Dec 31, 2019

Step 2

PROBLEM: should I become a therapist?

To make a better decision you will use **Intuition (Feelings)** as well as **Logic (Rationalization)** in order to arrive at a better final conclusion. Below, write all the ideas or thoughts that come.

Step 3

Decision by Intuition	Decision by Logic
<p>- I feel like it could propel me to the next level that will add to the impact which I want to create</p> <p>- In the long term it feels like a good investment</p>	<p>+ Better ⊕ faster Acceptance by the general public</p> <p>+ can post materials/courses on Accredited websites worldwide</p> <p>⊕ Removes the barrier of dealing with people who have mental illnesses if I want to do that</p> <hr/> <p>- Have to finish masters in clinical psychology which takes (time) + commitment</p> <p>- want to satisfy my other DESIREs since they are emotionally holding me back... but if they are satisfied, I would not have a problem doing the masters</p>

Step 4

Answer	Yes - in long term	Answer	Yes... if I satisfy my DESIREs FIRST
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Stuck? Can't Decide? - ALTERNATIVE DECISION

Issue: need more info on my niche market that I want to help

Do I have any alternatives? Yes

Answer: create a mini-course about stress management to see if people like it

Step 5

Intuition	Alternative	Logic
Yes - long term	Yes - make mini-course	Yes - best satisfy emotions

Step 6

Current Level Of Certainty

25% Low Certainty	50% Mild Certainty	75% Moderate Certainty	100% High Certainty
Intuition	Alternative	Logic	
70%	100%	86%	

MY DECISION

Step 7

FINAL DECISION

create + launch mini-course

Allow 3 months to pass so I could gather good info from people which will add to my updated decision next time

NEXT STEPS

-film all required videos, convert videos to emails ⊕ Upload to Teachable.com or Udemy.com
-update my website, create + find good content

Step 8

Decision Importance Scale

25% Not important

50% Some What important

75% Moderately important

100% Highly important

Why is it important? Goal related?: Yes, Related to becoming teacher/coach

Step 9

What is the **WORST** thing that can happen?

People don't like my course, I am back to the same life... nothing really bad happened. I just wasted a good amount of time.

What is an **OKAY** thing that can happen?

I get some results where people's lives actually become better after implementing some of my advice. I may also start doing consultations... Ask my audience.

What is the **BEST** thing that can happen?

People love the course + Ivan feels like he has accomplished something. I try more things/ways and figure out how to generate a full-time income so I could leave my job and do this business full-time.

Step 10

1. Fill out the sheet with possible scenarios that can happen.
2. Accept the **WORST** outcome, but...completely block it out as if it does not exist...DO NOT focus on it at all.
3. Then based on your judgement pick either the **BEST** or **OKAY** outcome and focus on it during execution.
4. Please remember that you may get a positive outcome that you did not plan for at all, which is fine.