

MY DECISION

Step 1

TODAY'S DATE:

DECISION DATE:

Step 2

PROBLEM:

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

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Step 4

Answer

Answer

Stuck? Can't Decide? - ALTERNATIVE DECISION

Issue:

Do I have any alternatives?

Answer:

Step 5

Intuition

Alternative

Logic

Step 6

Current Level Of Certainty

25% Low Certainty

50% Mild Certainty

75% Moderate Certainty

100% High Certainty

Intuition

Alternative

Logic

MY DECISION

Step 7

FINAL DECISION

NEXT STEPS

Step 8

Decision Importance Scale

25% Not important	50% Some What important	75% Moderately important	100% Highly important
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Why is it important? Goal related?:

Step 9

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

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

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

Step 10

1. Fill out the sheet with possible scenarios that can happen.
2. Accept the **WORST** outcome, but...completly block it out as if it does not exist...DO NOT focus on it at all.
3. Then based on your on 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.