Making a decision

Score your options against what matters to you.

Name _____ Date _____

The decision I need to make

When does it really need to be made by?

List your options across the top, including doing nothing for now. Down the side, write what matters to you in this decision. Score each option from 0 to 10 on each one.

What matters to me in this	Option A:	Option B:	Option C:

What do the scores suggest? Does that feel right?

If a friend were in my position, what would I say to them?

Which option fits best with the kind of person I want to be?

What is the worst that could realistically happen with the option I am leaning towards? Could I cope?

My decision, or the next thing I need to find out before deciding

There is rarely a perfect choice. A good enough decision, made and acted on, usually beats months of going back and forth.

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