

The Decision Maker Worksheet

Step 1: Define your decision

Take a moment to define the decision you are trying to make in writing. By getting your thoughts down on paper, you can often gain new insight into the situation. Remember the old saying that a problem well stated is a problem half solved.

The decision I am trying to make is...

Step 2: Identify your Real Objective

Whenever we are faced with a decision, there is usually something that we are looking to obtain. For example if you are trying to decide whether to leave your current job and go back to University to do further study, your real objective may be, 'To have a fulfilling and stimulating career'. Ask yourself, what are you *really* trying to obtain by making this decision?

My REAL objective in making this decision is...

Step 3: Write down your options

Identify each of your options and write them down below

Option 1

Option 2

Option 3

Option 4

Option 5

Step 4: Pros and Cons analysis

For each option, list down as many pros and cons as you can think of.

Option 1	
Pros	Cons

Option 2	
Pros	Cons

Step 6: Pray and/or meditate on your decision

Praying or quiet meditation is a great way to remove the stress that can often accompany a difficult decision. Find a quiet spot where you won't be disturbed. Close your eyes and focus on your breathing. As you become more relaxed, present your decision to God or the Universal mind and ask for guidance.

After praying/meditating about this decision I feel...

Step 7: Which option do you believe has the best chance of leading you to your Real Objective?

Option Number	<input checked="" type="checkbox"/>
Option 1	
Option 2	
Option 3	
Option 4	
Option 5	

Step 8: Commit to your decision

Set a date to take action on your decision and identify exactly what your first action is going to be.

After considering this decision carefully I have decided to...
My first action will be:
I will take this action on: / /
Signed: