


# DECISION-MAKING MAP

A practical tool to help you work through important decisions with clarity and confidence. Instead of going in circles or second-guessing yourself, this map guides you step by step—helping you clearly define the decision, explore your options, weigh the pros and cons, and check in with both logic and instinct. By the end, you'll have a considered choice and a clear first step forward, so you can move ahead with intention rather than uncertainty.

## 1 The Decision at Hand

What are you trying to decide?

"Should I...?" \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 Write your question or decision clearly in this space.

## 2 Available Options

List the choices you're considering

Option 1: \_\_\_\_\_  
Option 2: \_\_\_\_\_  
Option 3: \_\_\_\_\_  
Option 4: \_\_\_\_\_  
Option 5: \_\_\_\_\_

## 3 Pros & Cons Table

List the pros/cons

Pros

Cons

Option 1:

\_\_\_\_\_  
\_\_\_\_\_

Option 2:

\_\_\_\_\_  
\_\_\_\_\_

Option 3:

\_\_\_\_\_  
\_\_\_\_\_

Option 4:

\_\_\_\_\_  
\_\_\_\_\_

Option 5:

\_\_\_\_\_  
\_\_\_\_\_

## 4

## Gut Check

What is your instinct saying?

I feel most aligned with: \_\_\_\_\_

On a scale of 1-10, how confident do you feel? \_\_\_\_\_


What's holding you back? \_\_\_\_\_

## 5

## Long-Term View

Fast-forward 6 months

- I feel most aligned with: \_\_\_\_\_  
\_\_\_\_\_
- On a scale of 1-10, how confident do you feel? \_\_\_\_\_  
\_\_\_\_\_

 Encourage short reflections: "In 6 months, I might thank myself for choosing..."

## 6

## Final Decision & First Step

What did you decide? Why?



Final Choice: \_\_\_\_\_



First Action Step: \_\_\_\_\_  
\_\_\_\_\_



When: \_\_\_\_\_

## 7

## Notes

Record any notes for future reference

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