

› DECISION JOURNAL

› An easy way to improve your ability to make decisions over time

Date and Time:

Decision:

How Do You Feel? (Check all that apply)

Accepting

Confident

Relaxed

Accommodating

Energized

Resigned

Angry

Focused

Tired

Anxious

Frustrated

What is the situation or context?

What is the problem statement or frame?

What are the variables?

What complications could arise?

What are some alternative courses of action that you didn't choose?

Explain the range of outcomes:

What do you expect to happen and what is the probability that it will?

What was the actual outcome?

Review Date (Six months after decision):

What happened and what did you learn?