Decision Journal

A 30-Day Guided Journal

Hybrid

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

1. Set aside a few minutes each day to write
2. Be honest and write freely without judgment
3. Try to write at the same time each day to build a habit
4. Review your entries weekly to notice patterns

- Rate your emotional state and confidence before writing — low scores signal a need for extra caution
- State the decision in plain language, list real alternatives, then write your reasoning honestly
- Record your expected outcome with a probability estimate if possible
- Return after the outcome is known to fill in the result and lessons learned — this is where growth happens

Scan for a detailed guide on how to use this journal

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