

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

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- 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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Emotional state:

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Stakes:

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List the options you seriously considered — including the option to do nothing

REASONING

Why this option? Lay out the logic, values, and trade-offs

DECISION JOURNAL



Date _____

Decision confidence:

1	2	3	4	5	6	7	8	9	10
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Emotional state:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Stakes:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Reversibility:

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----



THE DECISION

State the decision clearly — what exactly are you deciding? The wording should be understandable even to a child

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