



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

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...*

Context *(what's driving this decision? background, constraints, deadlines, and who it affects)*

Alternatives *(list the options you seriously considered — including the option to do nothing)*

Reasoning *(why this option? lay out the logic, values, and trade-offs)*

Expected outcome *(what do you expect to happen as a result of this decision?)*

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...*

Context *(what's driving this decision? background, constraints, deadlines, and who it affects)*

Alternatives *(list the options you seriously considered — including the option to do nothing)*

Reasoning *(why this option? lay out the logic, values, and trade-offs)*

Expected outcome *(what do you expect to happen as a result of this decision?)*

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...*

Context *(what's driving this decision? background, constraints, deadlines, and who it affects)*

Alternatives *(list the options you seriously considered — including the option to do nothing)*

Reasoning *(why this option? lay out the logic, values, and trade-offs)*

Expected outcome *(what do you expect to happen as a result of this decision?)*

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...*

Context *(what's driving this decision? background, constraints, deadlines, and who it affects)*

Alternatives *(list the options you seriously considered — including the option to do nothing)*

Reasoning *(why this option? lay out the logic, values, and trade-offs)*

Expected outcome *(what do you expect to happen as a result of this decision?)*

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...*

Context *(what's driving this decision? background, constraints, deadlines, and who it affects)*

Alternatives *(list the options you seriously considered — including the option to do nothing)*

Reasoning *(why this option? lay out the logic, values, and trade-offs)*

Expected outcome *(what do you expect to happen as a result of this decision?)*

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...*

Context *(what's driving this decision? background, constraints, deadlines, and who it affects)*

Alternatives *(list the options you seriously considered — including the option to do nothing)*

Reasoning *(why this option? lay out the logic, values, and trade-offs)*

Expected outcome *(what do you expect to happen as a result of this decision?)*

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...*

Context *(what's driving this decision? background, constraints, deadlines, and who it affects)*

Alternatives *(list the options you seriously considered — including the option to do nothing)*

Reasoning *(why this option? lay out the logic, values, and trade-offs)*

Expected outcome *(what do you expect to happen as a result of this decision?)*

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...*

Context *(what's driving this decision? background, constraints, deadlines, and who it affects)*

Alternatives *(list the options you seriously considered — including the option to do nothing)*

Reasoning *(why this option? lay out the logic, values, and trade-offs)*

Expected outcome *(what do you expect to happen as a result of this decision?)*

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...)*

Context *(what's driving this decision? background, constraints, deadlines, and who it affects)*

Alternatives *(list the options you seriously considered — including the option to do nothing)*

Reasoning *(why this option? lay out the logic, values, and trade-offs)*

Expected outcome *(what do you expect to happen as a result of this decision?)*

Date: _____

Decision confidence: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10

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 understa...

Context (what's driving this decision? background, constraints, deadlines, and who it affects)

Alternatives (list the options you seriously considered — including the option to do nothing)

Reasoning (why this option? lay out the logic, values, and trade-offs)

Expected outcome (what do you expect to happen as a result of this decision?)
