One-page decision worksheet

Life Strategist. Coaching, not therapy. Fill it in with a pen. Ten minutes is enough.

1. The decision, in one sentence

Write it as a choice between things, not a worry. Example: "Stay in my role or take the offer."

2. The real options (at least three)

Include the option you are avoiding and the option of changing nothing.

3. What matters most (pick three)

Money, time, health, people, learning, freedom, status. Circle three and rank them.

4. What each option costs you

Money, hours a week, and the risk if it goes wrong. Use numbers where you have them.

5. What you do not know yet

One fact you could find out this week that would change your mind.

6. The cost of waiting 3 months

What gets better, what gets worse, what you lose for good.

7. Your next move, with a date

One action under an hour. Who, what, by when.