



Be Decisive: Practice This Powerful 3-Step Process

This worksheet will help you make a deliberate decision today! Plus, when used regularly, it will help you practice the skill of deliberate decision making so that you can become a confident decision maker.

What is your core value (only list 1 or 2)?

Need help figuring that out? Copy this URL into your browser's address bar:

<https://theexpectationgaps.com/name-your-core-values/>

What decision do you need to make?

Notice how you feel when you think about making this decision. Your body will point you in the direction of the right answer. Are these feelings a result of nerves, guilt, or excitement?

Prompts:

- Does your stomach tense? Heart rate increase? Breathing change?

When you think of this decision, what are 3 questions that immediately come to mind?

#1

#2

#3

Have you gathered sufficient information to answer these questions? If yes, answer them. If not, what do you need to do next to gather the necessary information?

#1

#2

#3

What are 2-3 feasible options you have in regard to this decision? Actions you could take once you have decided to.

Step #1 - Consult with Your Core Values

Which option goes against your core value(s)? Write "against" next to it.

Which option(s) aligns with your core value(s)? If none do, consider your core value(s), gather more information, and come up with another option.

Step #2 - Consider the Expectations That Are Influencing Your Decision

List 2 - 3 expectations, who is imposing that expectation, and whether it is an expectation that you are willing to accept.

Expectation #1

Expectation #2

Expectation #3

If one of these expectations goes against your core value(s), write "against" next to it.

Step #3 - Decide if You're Willing to Accept the Worst Possible Scenario

What is the worst possible scenario for each option you listed on page 3?

Option #1

Option #2

Option #3

Which scenarios are you NOT willing to accept? Write "Not Willing" next to them.

Time to put it all together ...

For each option listed on page 3:

- Is it against your core values?
- Is it based on expectations you are willing to accept?
- Are you willing to accept the worst possible outcome?
- What is your body telling you?
- Is this the right decision?

Option #1

Option #2

Option #3

Once you have picked an option, what is the first step you need to take to put your decision into action?



Still unsure? You may need to gather more information. Go back to page 2 and think of some additional questions you need to answer, gather that information, and go through the 3 steps again.



Still unsure? Shoot me an email:
amanda@theexpectationgaps.com. I'll do what I can to help!