

Decision Making Framework

Worksheet



What is the problem or decision?

What outcome am I seeking?

**Is that outcome aligned with your brand, vision
and values?**



What am I afraid of with handling this problem or making this decision? What story am I making up?

What do healthy boundaries look like in this scenario?

What actions will I take?



How will this decision effect my business + brand?

What was the actual outcome of the problem/decision?



What did I learn in handling this problem and making this decision?

How am I feeling after handling the problem/making the decision?

How can I take what I learned to my next problem/decision?

