

Cool Head  
Finds Good Answers

# Decision Quality Worksheet

## A Six Step Process



Warm Heart  
Motivates Strong Action

### Distinct Directions Explore Possibilities Alternatives

- Brainstorm possibilities!
- What could I do specifically?
- Is there a hybrid solution?

### Credible Sources Compelling Forecasts Information

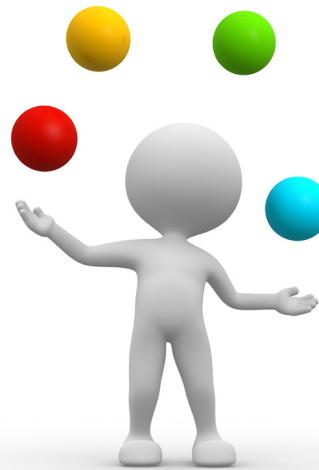
- What else do I need to know to feel confident in my decision?
- Who could help me understand my choices better?
- What should I know here that I don't yet know? Who can help me see my blindspots?

### Useful Perspective Meaningful Inquiries Frame

- What am I deciding? Be conscious about making a decision that reflects what you care about to get the most value out of the opportunity.
- Examine choices purposefully. Slow down!
- Choose one decision.
- Look at your Decision Pyramid for focus.

### Clear Metrics Noble Purpose Value

- What do I care about?
- Evaluate & Rank options to focus your choices
- What are my personal values to help inform specific needs met, or unmet, in each alternative.



### Insightful Reasoning Inspiring Narrative Integration

- On a scale of 1 - 10, do I feel ready to act?
- Did I integrate my heart and mind?
- What uncertainties or fears are still there?
- I've made the best decision I can and I'm ready to face any outcome!

Actionable Plans  
Aligned Intentions  
Final Step: Commitment  
(Take Action Sheet)