



Cool Head
Finds Good Answers

Decision Wheel 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 way to combine your options?

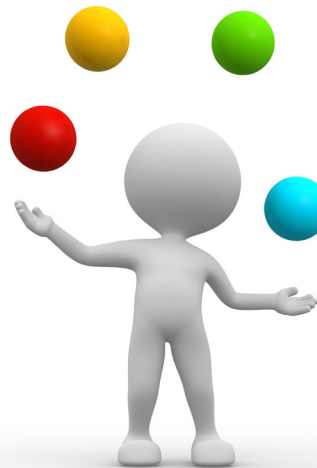
Credible Sources Compelling Forecasts Information

- Where can I get useful information?
- Who could help me understand my choices better?
- What else do I need to know to feel confident in my decision?

Start here and work clockwise

Useful Perspective Meaningful Inquiries Frame

- What am I deciding? Choose one decision.
- Examine choices purposefully. Slow down!
- Look at Sort Yourself Out for focus.



Clear Metrics Noble Purpose Value

- What do I care about?
- Identify needs met, or unmet, in each option.
- Evaluate & rank options to focus your choices.

Insightful Reasoning Inspiring Narrative Integration

- What uncertainties or fears are still there?
- If I don't feel ready to act, revisit each section to get more clarity.
- I've made the best decision I can and I'm ready to take action.

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