

Decision Making: Building Your Capacity for What's Next

A GrowthSheet for Clarity and Confidence

The Decision You're Facing:

STEP 1: Reconnect with What Matters Most

Big life changes shake everything loose - including our sense of what's truly important. Before we can make a clear decision, we need to remember our North Star.

What lights you up? What did you used to LOVE? (Check all that resonate)

- Creating art, music, or crafts
- Being in nature, gardening, working with plants
- Cooking, baking, feeding people
- Sports, movement, physical challenges
- Learning new things, diving deep into subjects
- Traveling, exploring new places
- Helping others, teaching, mentoring
- Building or fixing things with your hands
- Reading, writing, storytelling
- Being part of a team or community
- Solving problems, organizing systems
- Animals, working with creatures
- Other: _____

Now circle your top 3 - these are clues to your Core Values.

My top 3:

1. _____
2. _____
3. _____

STEP 2: Name What You're Optimizing For

What matters most in THIS specific decision? (Check all that apply, then star your top 3)

- Financial security
- Personal growth
- Family time/relationships
- Health & energy
- Freedom/flexibility
- Impact/leaving a legacy
- Stability & predictability
- Adventure/new experiences
- Creative expression
- Other: _____

My top 3 priorities for this decision:

1. _____
2. _____
3. _____

STEP 3: Emotions Check-In

Before logic, let's acknowledge what you're feeling:

When I think about this decision, I feel: (circle all that apply)

Excited • Anxious • Overwhelmed • Curious • Paralyzed • Hopeful • Scared • Energized • Stuck • Relieved • Pressured • Peaceful • Resistant

The emotion that needs attention before I can decide clearly:

What this emotion might be trying to tell me:

STEP 4: Simple Decision Matrix

List your options across the top. Rate each against your top 3 priorities (1-10 scale, 10 = best match).

	Option A: _____	Option B: _____	Option C: _____
Priority 1: _____			
Priority 2: _____			
Priority 3: _____			
TOTAL			

STEP 5: The Gut Check

Numbers are helpful. But your body knows things your brain doesn't.

When I imagine choosing Option _____, my body feels:

The option that creates the most expansion/ease in my body:

A Word About Uncomfortable Paths

Sometimes the clearest decision is also the hardest one. Going back to work. Starting over. Asking for help. Letting go of what was. These paths aren't wrong because they're uncomfortable. Sometimes growth requires us to do the thing that scares us while staying connected to what matters most. *You're not alone in this.*

Your Next Step

Decision made? Awesome. Take one small action today.

Still unclear? Visit AllLifeSkills.com for more resources, or give yourself permission to take more time.

One thing I can do TODAY to move this decision forward:

'Step Stones to Calm Emotions' - the workbook journal that builds the foundation for clearer decisions.

