




THE DECISIONS
ACADEMY

HOW TO MAKE GREAT LIFE-CHANGING DECISIONS

The complete guide
to making
big life decisions
using
Anchor System Thinking



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by

A. I. Shoukry | The Decisions Academy

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A. I. Shoukry

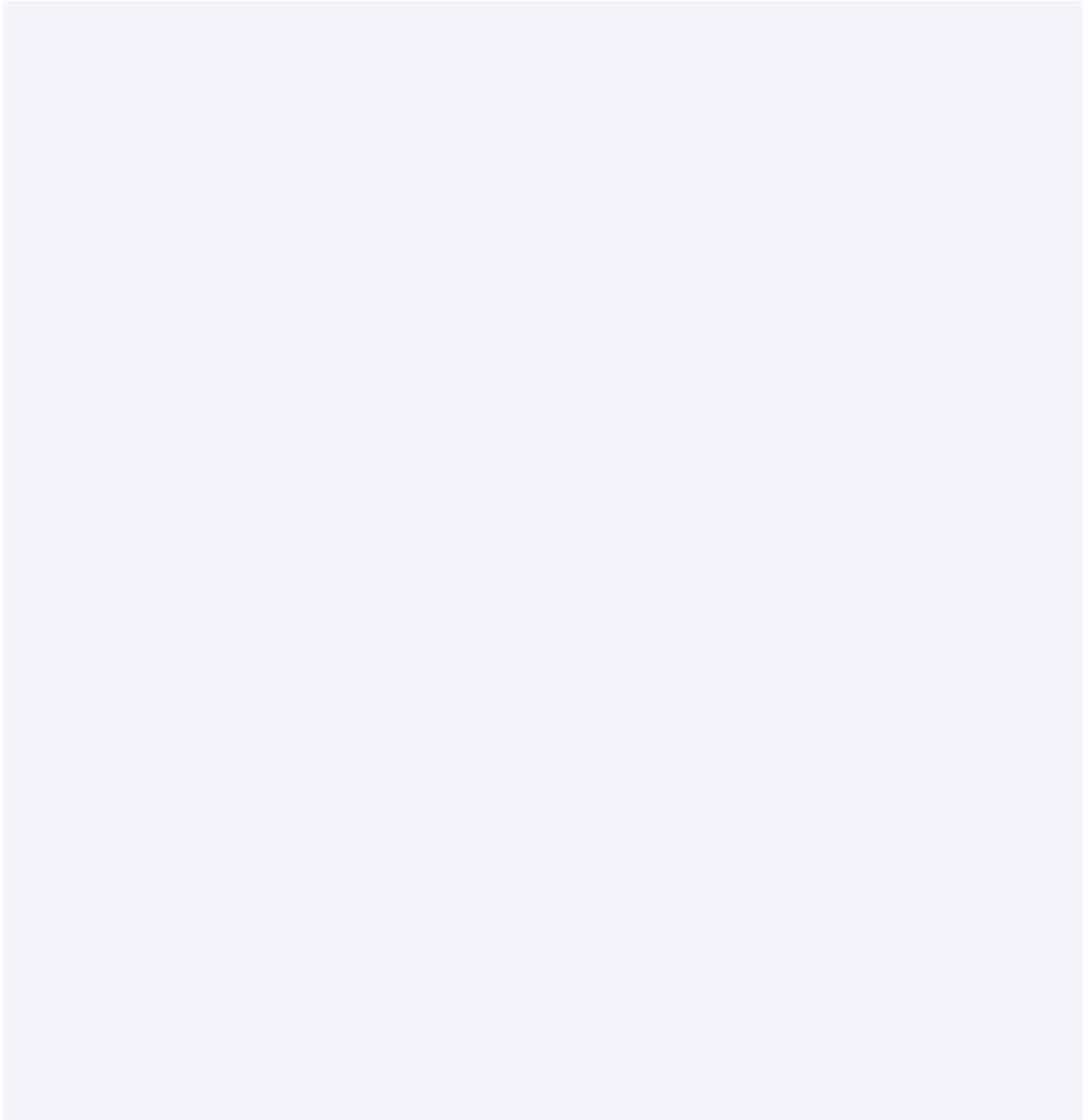
The Decisions Academy
academy@shoukry.org

NAME:

DATE:

I WANT TO

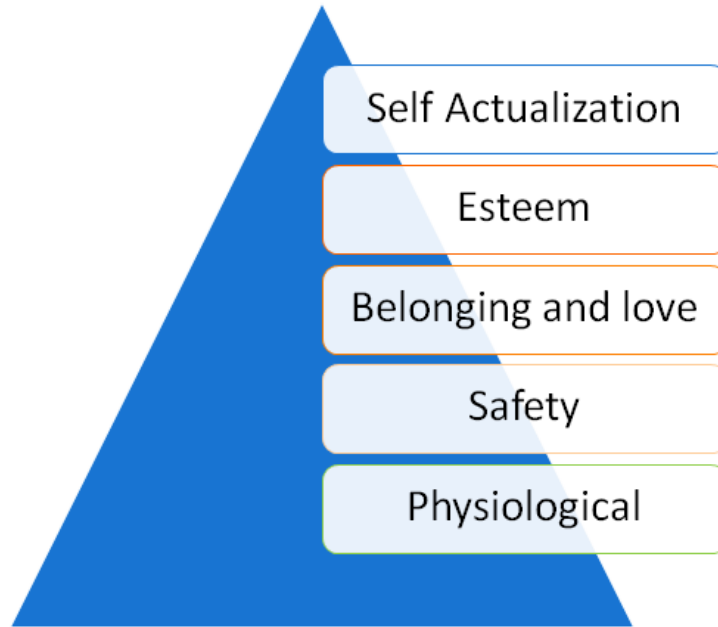
Write down all the big decisions you want to make



NAME:

DATE:

NEEDS



Write down your needs

A large, empty light blue rectangular area provided for writing down personal needs.

NAME:

DATE:

VALUES

abundance	dependability	Individuality	reliability
acceptance	determination	Innovation	resilience
accomplishment	Development	Inquisitive	resourcefulness
Accountability	devotion	Insightful	respect
accuracy	dignity	Inspiring	Responsibility
achievement	diligence	integrity	restraint
acknowledgment	diplomacy	intelligence	Results-oriented
activeness	discipline	Intensity	Reverence
adaptability	discovery	intimacy	Rigor
adventure	diversity	introversion	Risk
affection	drive	Intuitive	sacrifice
affluence	duty	Irreverent	satisfaction
agility	education	joy	security
Alertness	effectiveness	justice	self-control
altruism	efficiency	kindness	selflessness
ambition	elegance	knowledge	self-reliance
Amusement	empathy	Lawful	Sensitivity
appreciation	Empower	leadership	serenity
assertiveness	endurance	learning	service
Attentive	energy	liberty	Sharing
attractiveness	enjoyment	logic	significance
availability	enthusiasm	love	silence
awareness	Equality	loyalty	simplicity
Balance	Ethical	making a difference	sincerity
Beauty	excellence	mastery	skillfulness
being the best	excitement	Maturity	Smart
belonging	experience	Meaning	solitude
boldness	Exploration	mindfulness	spirituality
bravery	Expressive	Moderation	spontaneity
brilliance	extroversion	motivation	Spontaneous
Calm	fairness	neatness	stability

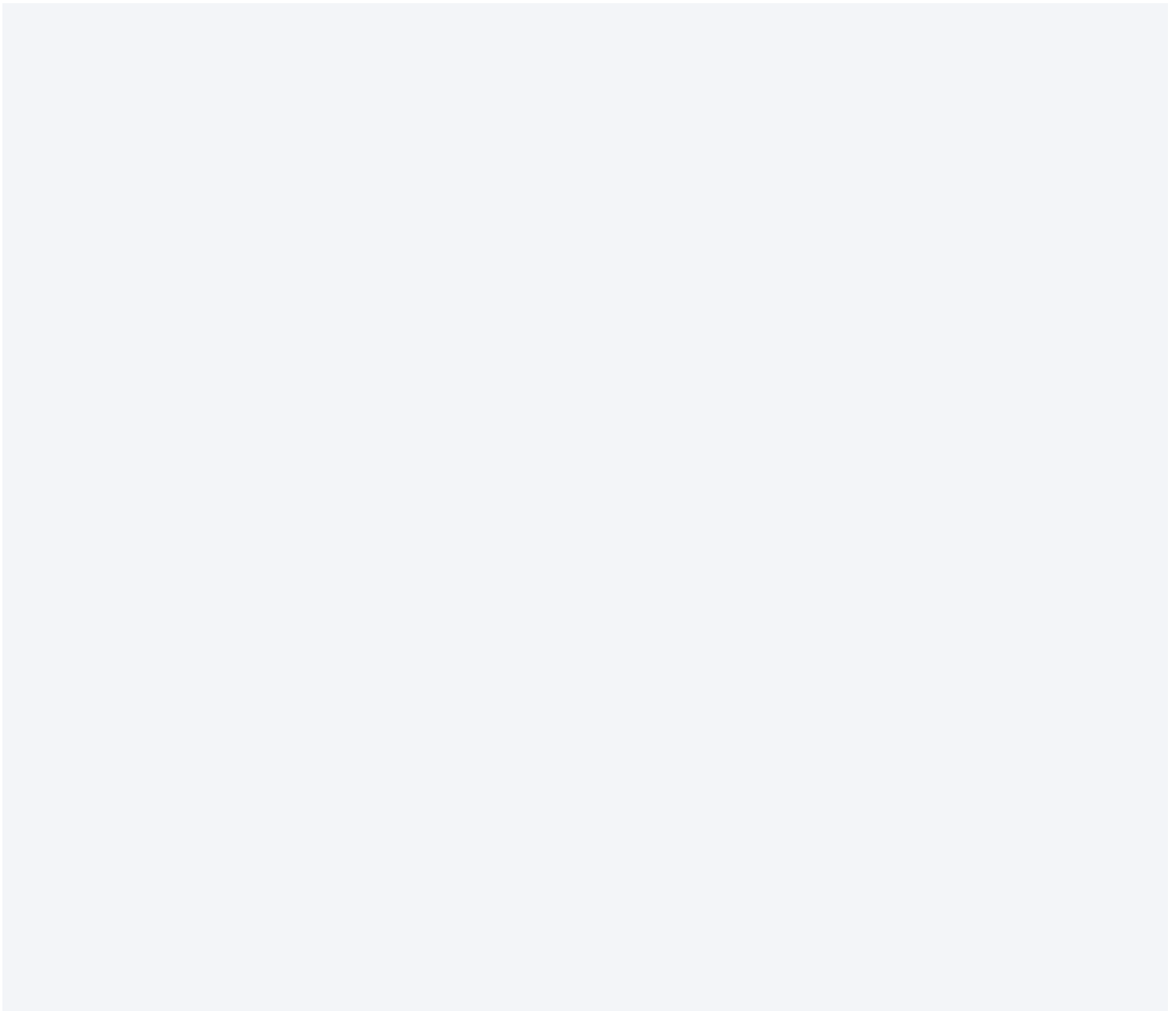
VALUES

Candor	faith	obedience	Status
Capable	family	open-mindedness	Stewardship
Careful	Famous	Openness	strength
Certainty	Fearless	optimism	Structure
challenge	Feelings	Order	success
charity	Ferocious	organization	support
charm	fidelity	originality	Surprise
cleanliness	financial independence	passion	Sustainability
Clear	fitness	Patience	sympathy
Clever	flexibility	peace	synergy
comfort	focus	perfection	Talent
commitment	Foresight	Performance	teamwork
Common sense	Fortitude	perseverance	temperance
Communication	freedom	Persistence	Thankful
Community	friendliness	philanthropy	Thorough
compassion	Friendship	playfulness	Thoughtful
Competence	frugality	pleasantness	timeliness
completion	fun	pleasure	Tolerance
composure	generosity	Poise	Toughness
concentration	Genius	polish	Traditional
Confidence	giving	popularity	tranquility
congruency	Goodness	Potential	Transparency
connection	grace	power	Trust
consciousness	gratitude	practicality	Trustworthy
consistency	Greatness	pragmatism	truth
contentment	growth	precision	understanding
contribution	happiness	preparedness	uniqueness
control	Hard work	Present	Unity
Conviction	harmony	privacy	Valor
coolness	health	Productivity	variety
cooperation	helpfulness	professionalism	victory
correctness	heroism	prosperity	Vigor
courage	honesty	Purpose	virtue
Courtesy	Honor	Quality	vision
creativity	Hope	realism	Vitality
credibility	humility	Realistic	warmth
curiosity	humor	reason	Wealth

VALUES

daring	hygiene	recognition	Welcoming
Decisive	imagination	recreation	Winning
Dedication	Improvement	Reflective	wisdom
	independence	relaxation	Wonder

Write down your values

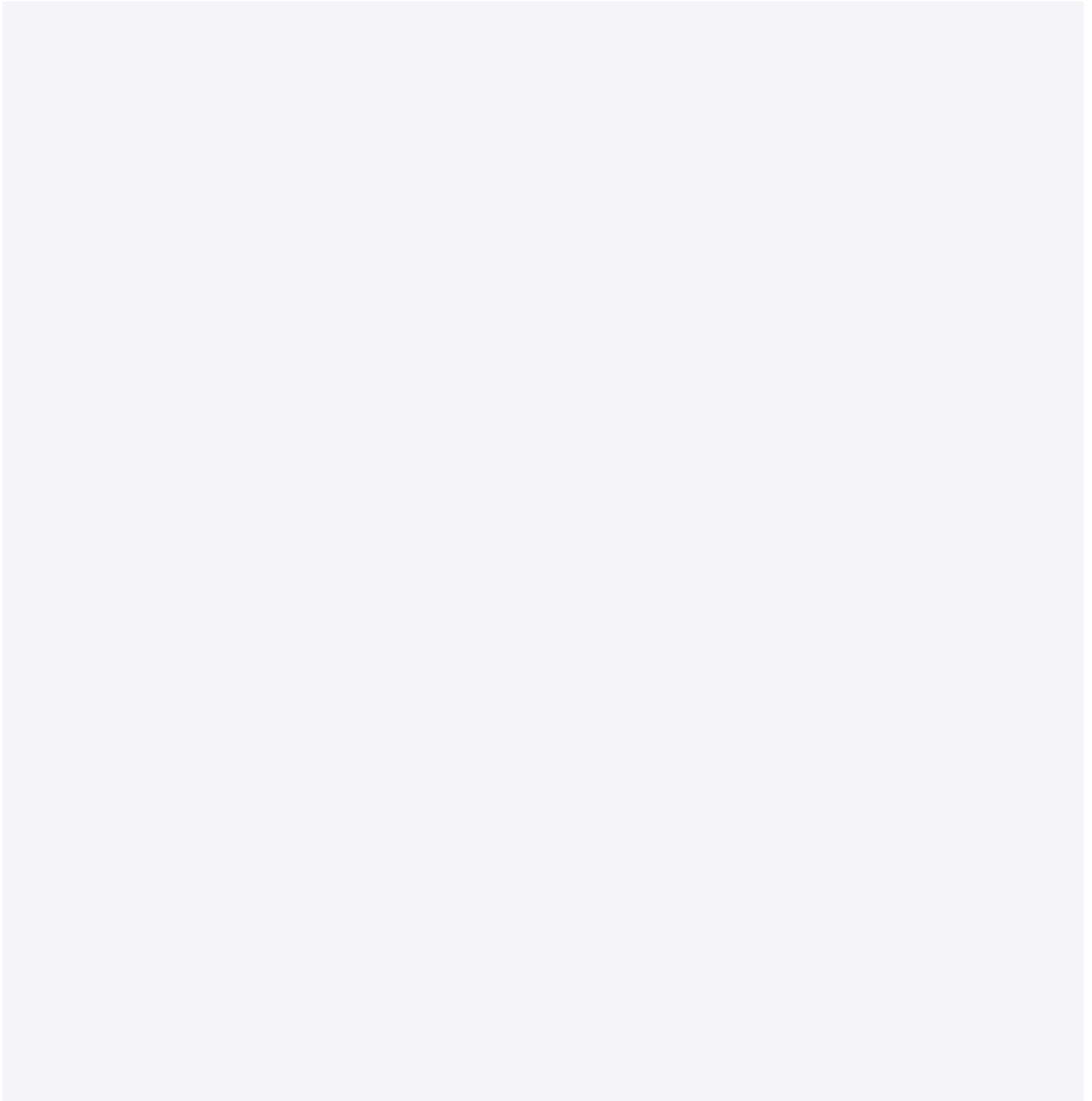


NAME:

DATE:

PASSIONS

Write down your passions

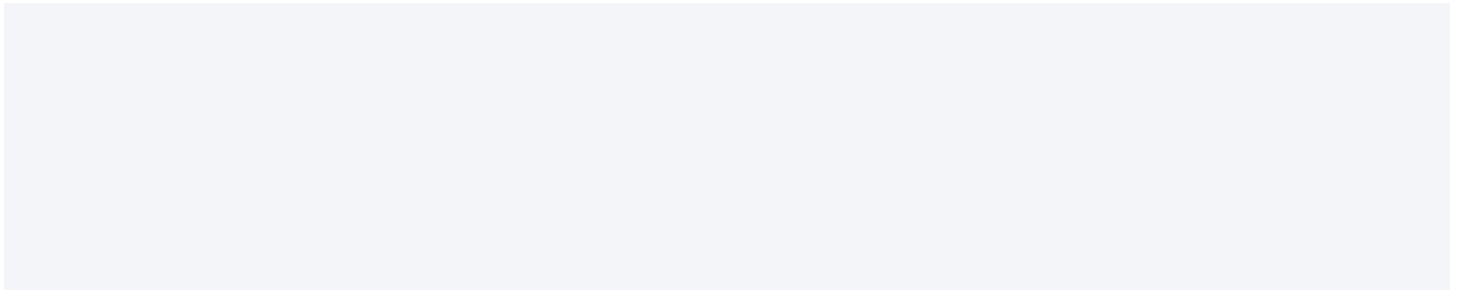


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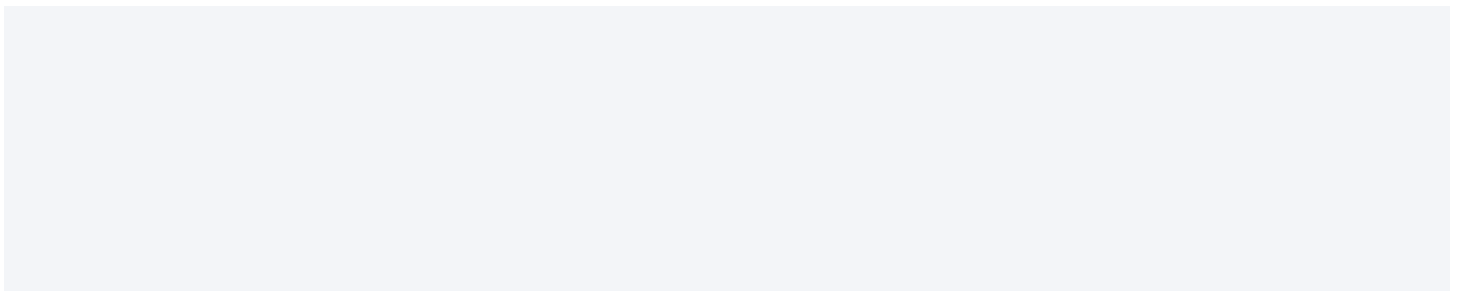
DATE:

WHO AM I

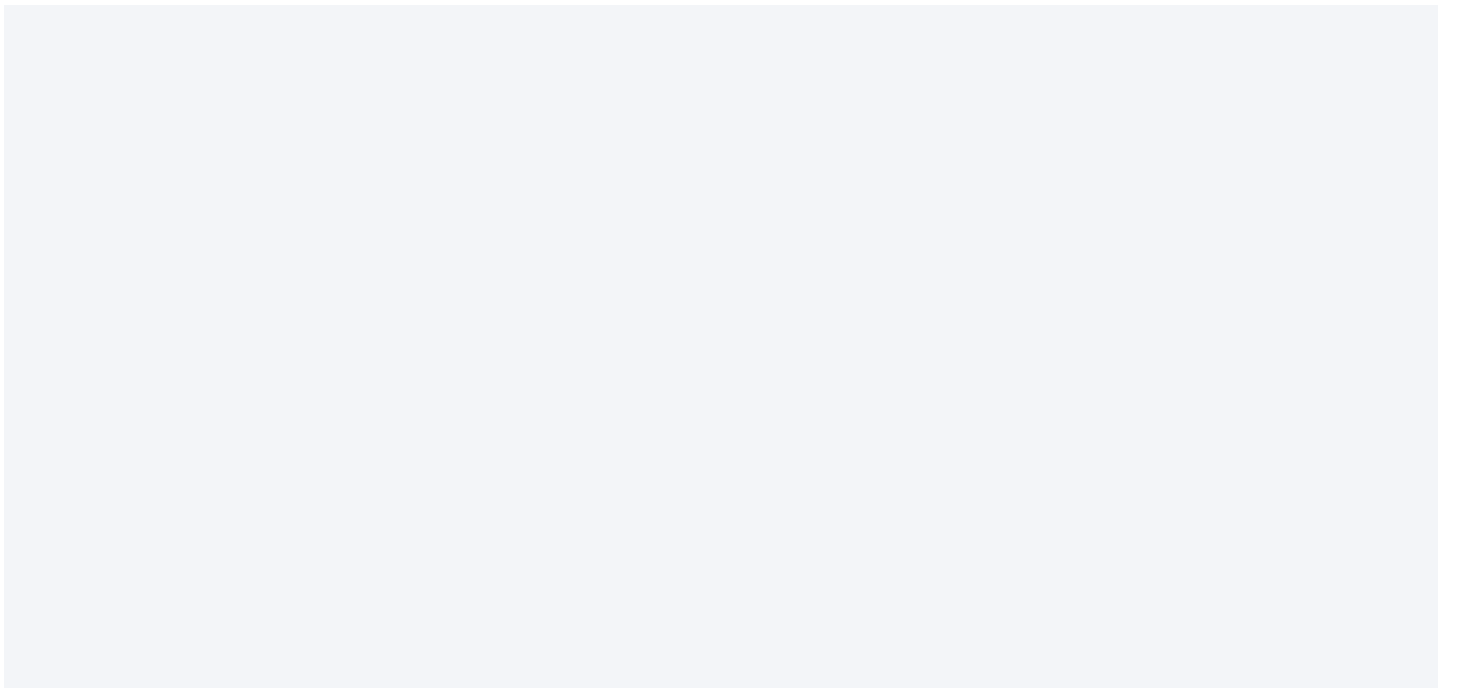
NEEDS



VALUES



PASSIONS



NAME:

DATE:

MY PERSONAL STATEMENT

VISION

MISSION

CORE VALUES

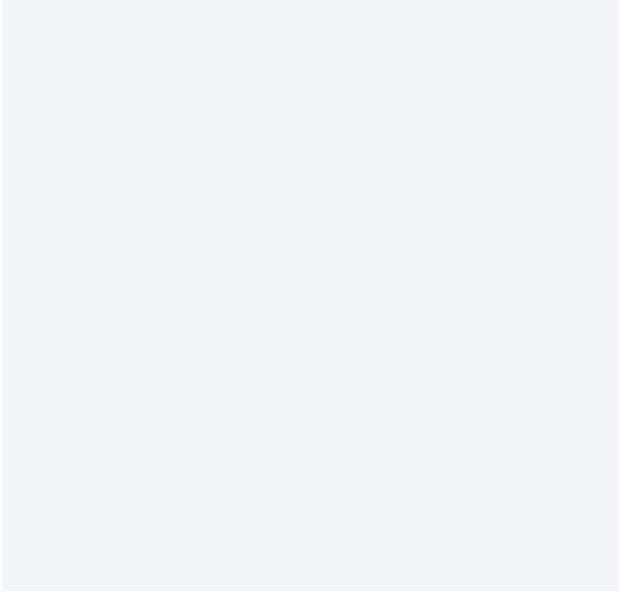
OBJECTIVES & GOALS

NAME:

DATE:

ANCHOR MAP

TIME ANCHOR POINTS

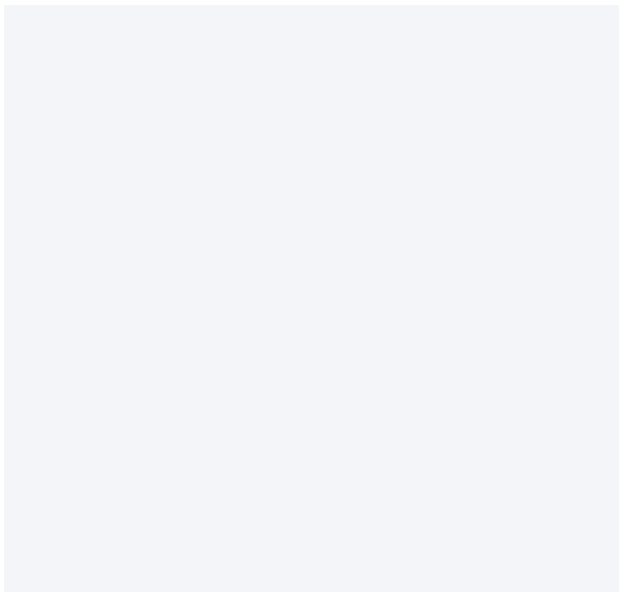
A large, empty light blue rectangular box intended for recording time anchor points.

LOCATION ANCHOR POINTS

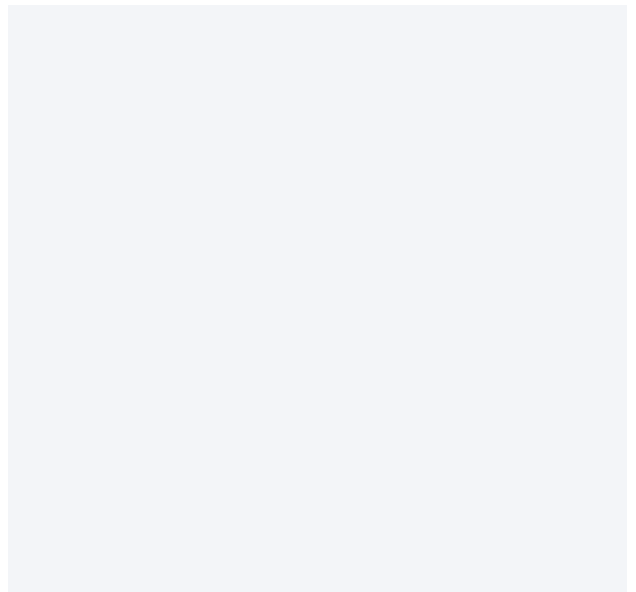
A large, empty light blue rectangular box intended for recording location anchor points.

YOU

SOCIAL NETWORK ANCHOR POINTS

A large, empty light blue rectangular box intended for recording social network anchor points.

ENTITY ANCHOR POINTS

A large, empty light blue rectangular box intended for recording entity anchor points.

NAME:

DATE:

DECISION PROBLEM

VESSEL

MEDIUM

TIME ANCHOR POINTS

LOCATION ANCHOR POINTS

SOCIAL NETWORK ANCHOR POINTS

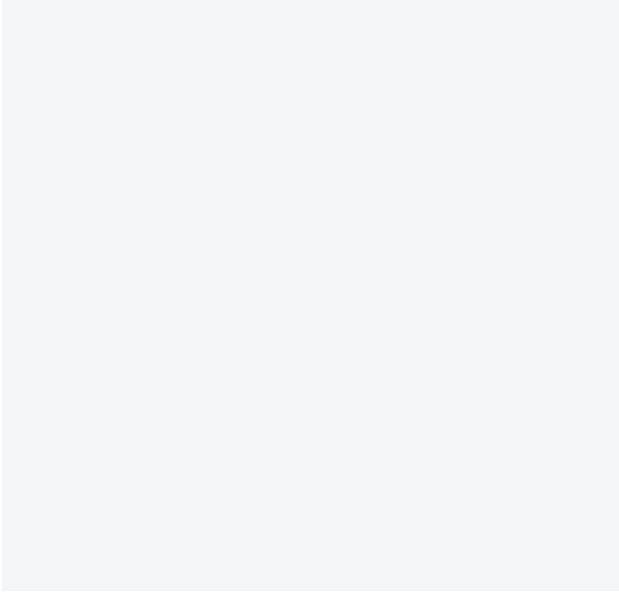
ENTITY ANCHOR POINTS

NAME:

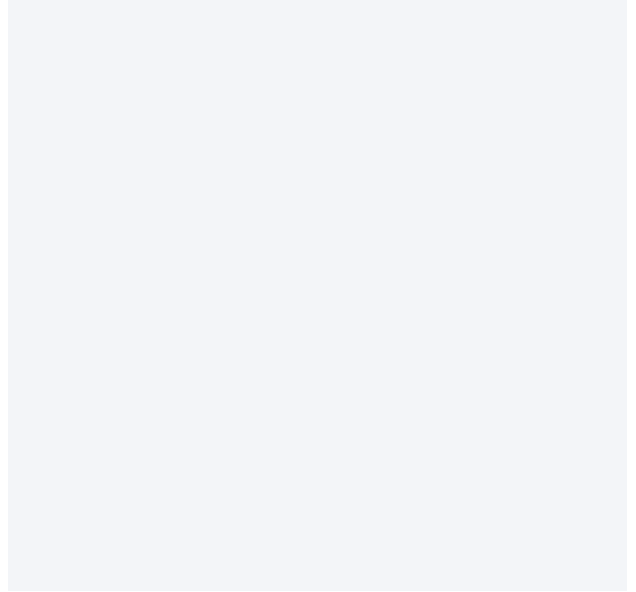
DATE:

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TIME ANCHOR POINTS

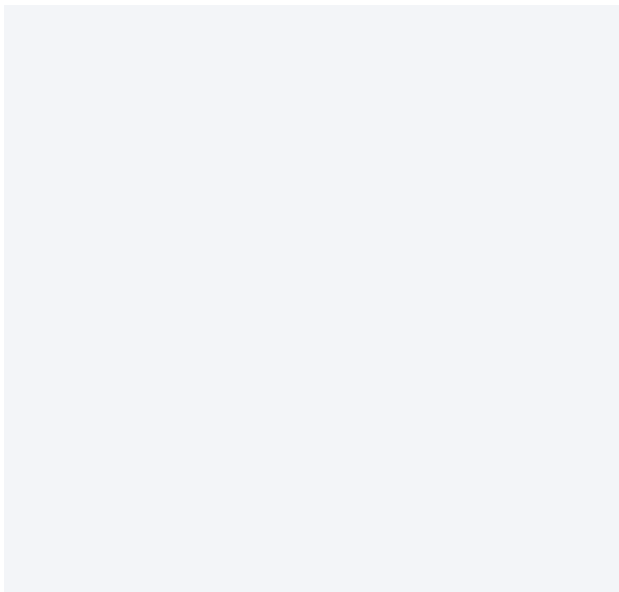


LOCATION ANCHOR POINTS

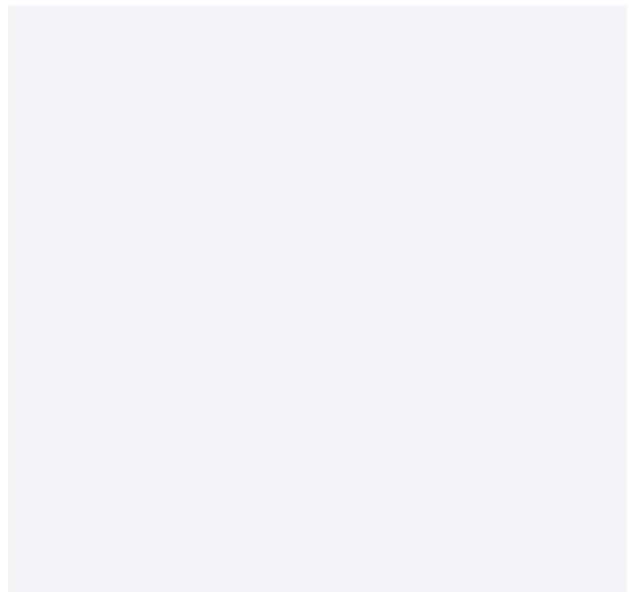


YOU

SOCIAL NETWORK ANCHOR POINTS



ENTITY ANCHOR POINTS



NAME:

DATE:

DECISION PROBLEM

VESSEL

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TIME ANCHOR POINTS

LOCATION ANCHOR POINTS

SOCIAL NETWORK ANCHOR POINTS

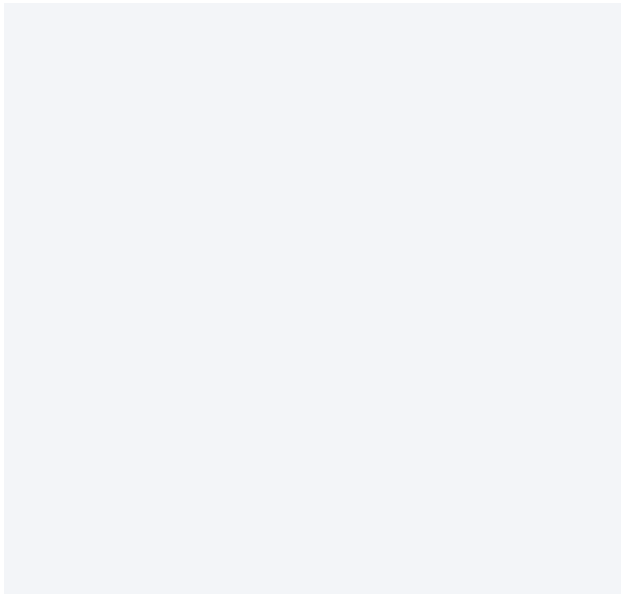
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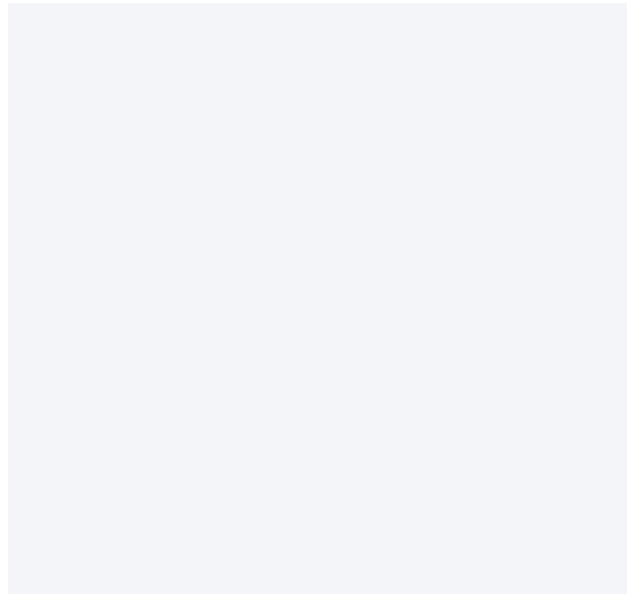
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TIME ANCHOR POINTS

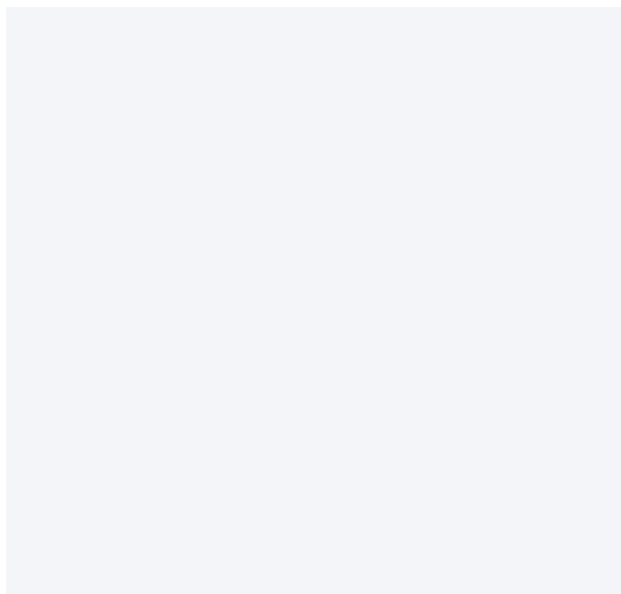


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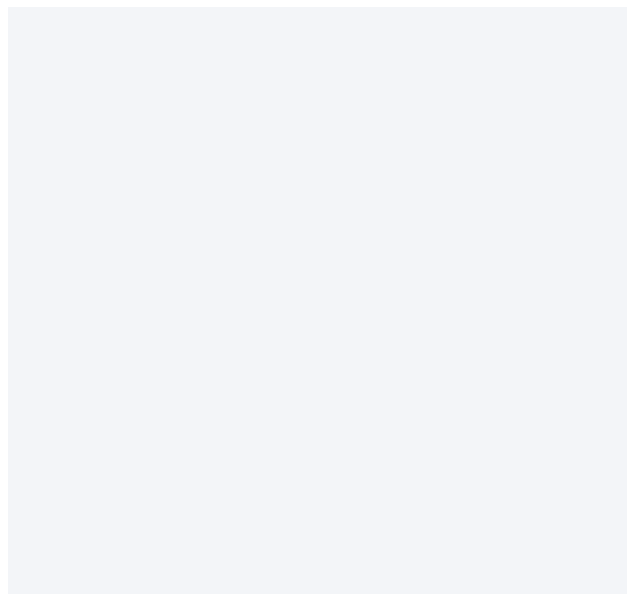


YOU

SOCIAL NETWORK ANCHOR POINTS



ENTITY ANCHOR POINTS



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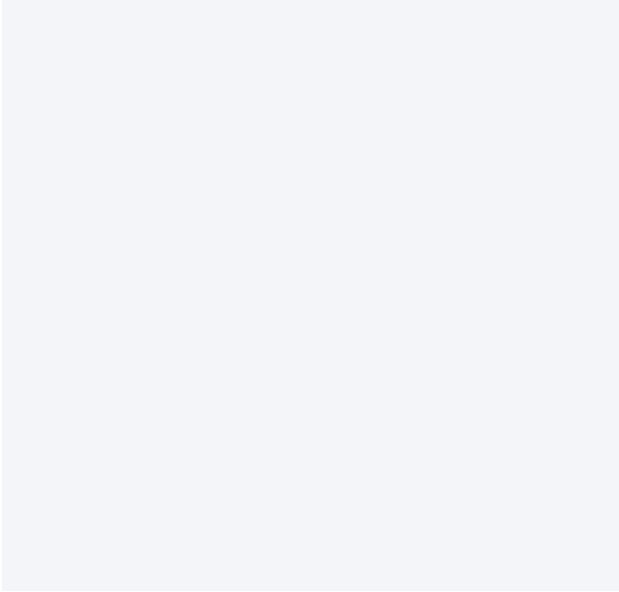
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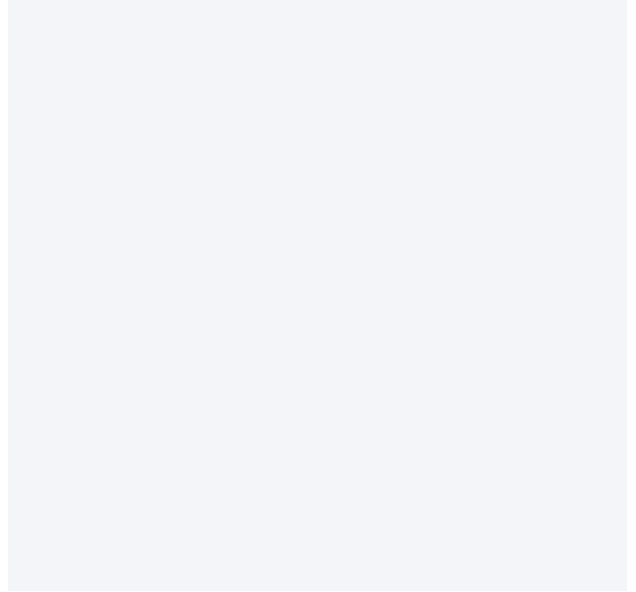
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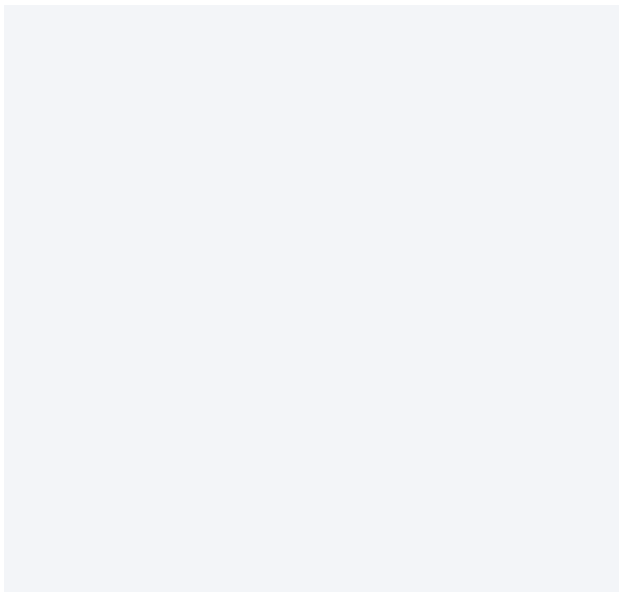


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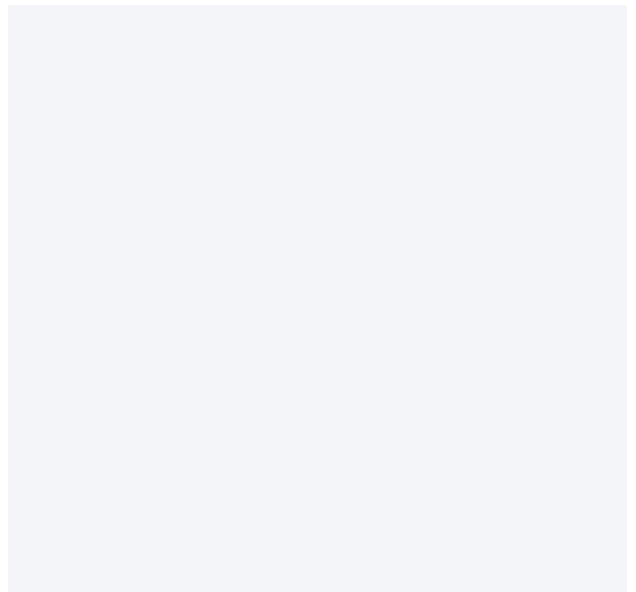


YOU

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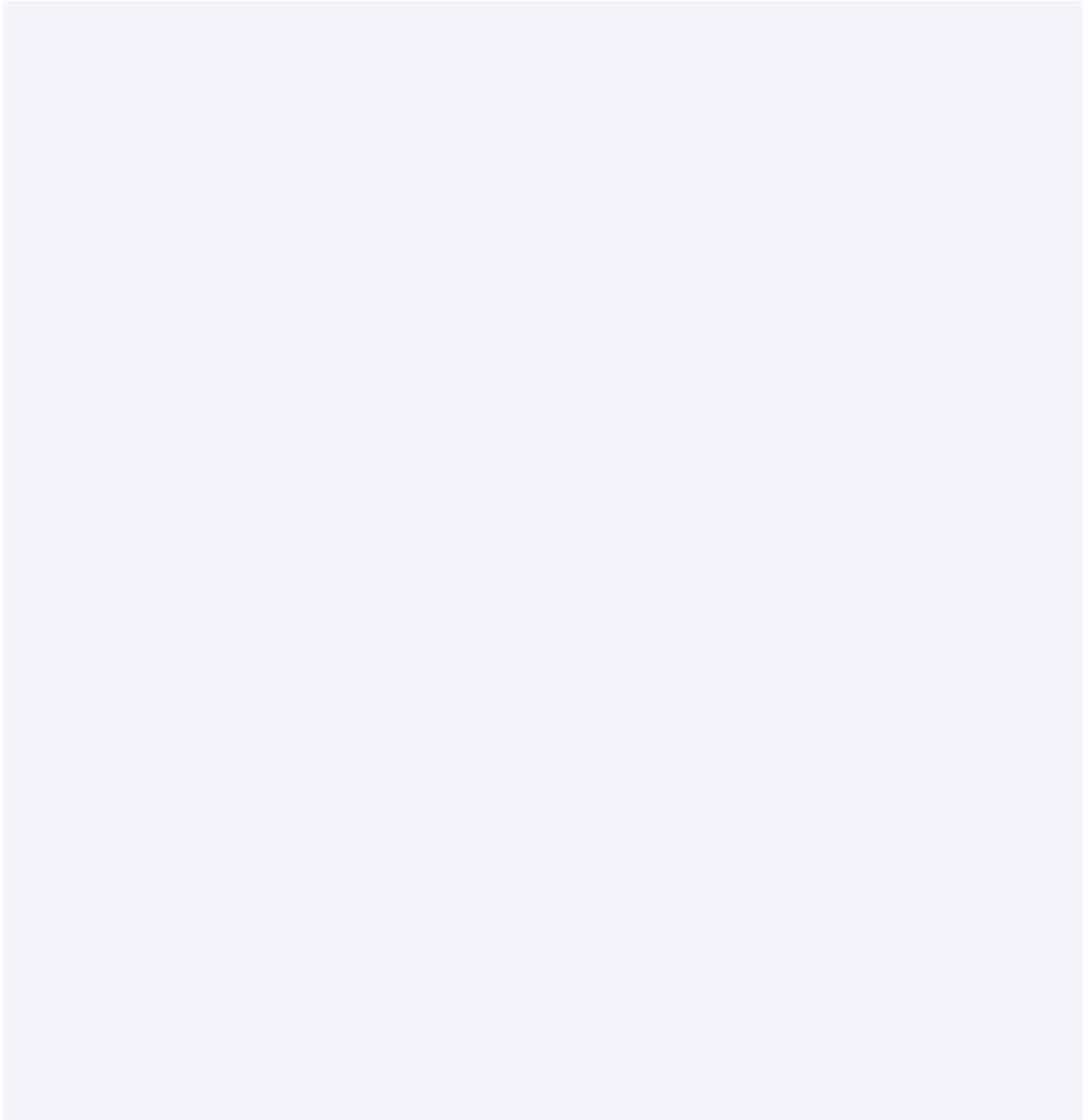
ENTITY ANCHOR POINTS

NAME:

DATE:

I WILL

Write down all the big decisions you will make after finishing the course





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