

DECISION MAKING

your workbook for the online course.



decision making.

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Toronto, ON | 647-801-0015
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Welcome

Jot down any initial thoughts

Why am I participating in this course? What am I here to discover? What is my number one intention throughout?



Build a Decision Filter

Answer these five questions with three answers for each.

How do you spend your time?

What inspires you?

What dominates your thoughts?

What do you visualize most?

What goals stand out in your life and have stood the test of time?

Once you have three answers for each, look at all the answers and draw themes from them. Try to distill it down to three key themes or values (you can have more than three if you want).



Extra Worksheet: Decision Making Questionnaire

Does this choice bring me joy?

Will I feel relieved after making this choice?

Is this choice going to grow me or leave me stagnant?

What am I afraid of?

What is dominating my thoughts about this decision?

Are those thoughts rational?

Are those thoughts irrational?

Are those thoughts analytical?

Are those thoughts emotional?

How does this choice align with my values?

What feels most like me?

YOU DID IT!

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A little space to be creative

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