LORISSA	GARCIA
Coach · Facilitator	

## EMOTIONALLY INTELLIGENT DECISIONS

The What is the specific decision What are the options? What outcomes are possible given I need to make? these options? 1. 2. What might happen if I don't make a timely decision? З. Refer to the Emotions Wheel over the page for emotion prompts 02What past experiences and/or beliefs might How would I want to feel once the decision is How do I currently feel about this decision? be influencing my position on this decision? made?

And while I am feeling [insert first emotion], what is the emotion that comes before, and after that?

03

What <u>do</u> I want others to feel as a result of the decision & what can I consider to enable people to feel more of these feelings? What <u>don't</u> I want others to feel as a result of the decision and what can I consider to support others to feel less of these feelings?

Mers Feelings....

What actions can I take to ensure people feel heard and respected?

How can I support others either impacted directly or indirectly before, during and after this decision has been made?

BEFORE

DURING

AFTER

<b>04</b>	Ο	4
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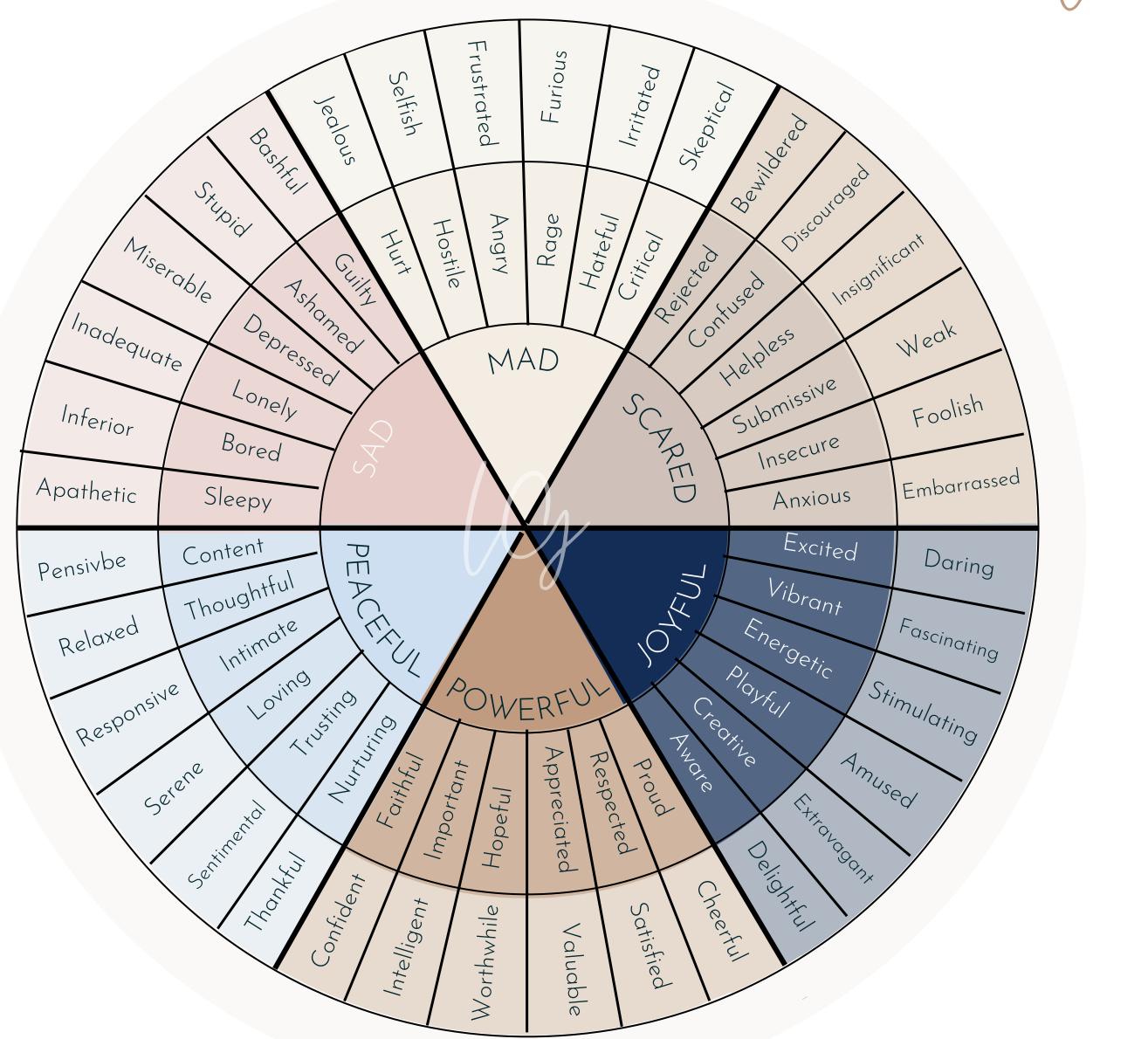
What are my reflections about this decision and the process of making a final decision?

What was a moment of realisation that helped me make a final decision?

Kelrospective

What might I do differently, when it comes to making another big decision in the future?

Enotions (1) heel



## ADAPTED FROM THE GOTTMAN INSTITUTE