

## 01

What is the specific decision I need to make?

What might happen if I don't make a timely decision?

What are the options?

- 1.
- 2.
- 3.

## The Decision ....

What outcomes are possible given these options?

## 02

Refer to the Emotions Wheel over the page for emotion prompts

How do I currently feel about this decision?

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

What past experiences and/or beliefs might be influencing my position on this decision?

## My Feelings....

How would I want to feel once the decision is made?

## 03

What do 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 don't 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?

## Others 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

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?

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

Emotions Wheel

