

# DECISION MAKING

your workbook for the online course.



decision making.

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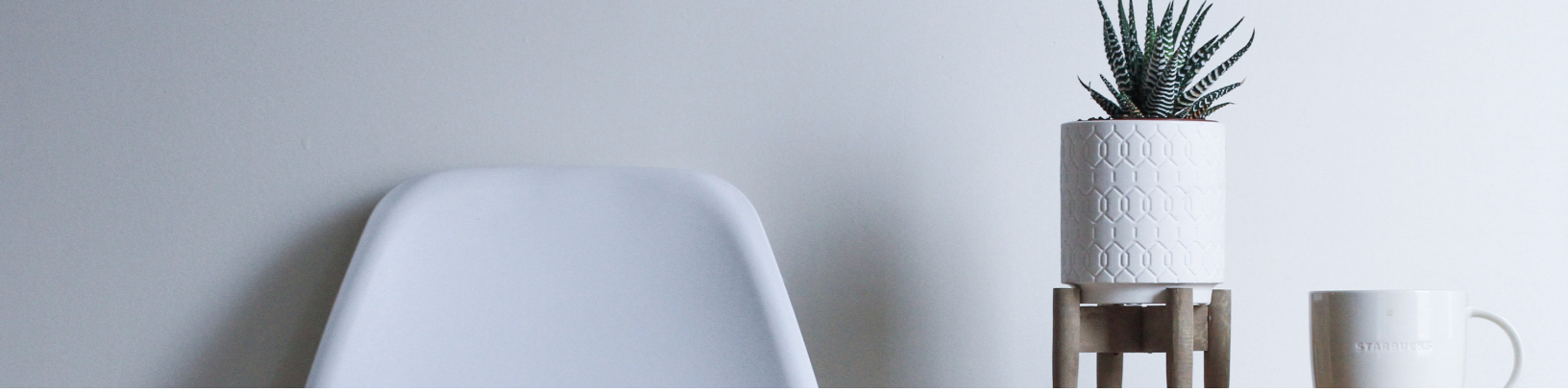
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## Welcome

Jot down any initial thoughts

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

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## Write

Have a tough decision on your mind right now? Write about it!

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins or other markings visible.

Stuck? Try answering these.

What is the decision I have to make? What am I saying to myself about it?

What are 2-3 options I could choose? What does the possible outcome look like for each?

What does the process look like for each? What is blocking me from making a choice?

Name three key blocks.



## 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?



## Final Thoughts

What has this program changed for you? What did you learn? What do you still need help with? What tools have you gained? What did you discover about yourself? What do you want to do more of? What do you want to do less of?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# YOU DID IT!

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A little space to be creative

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