

MAKE THE DECISION

GRID

THE DECISION GRID ALLOWS YOU TO VISUALISE WHAT ASPECTS OF A DECISION MAY BE TAKING PRIORITY IN YOUR MIND OVER OTHERS, AND SEE MORE CLEARLY HOW TO MAKE THE BEST CHOICE FOR YOU NOW.

What decision are you struggling with?

REASONS TO STAY THE SAME

1. Benefits if keeping things the same?

REASONS TO CHANGE

2. Concerns if you don't make this change?

3. Concerns if you do make this change?

4. Benefits of making this change?

*List all reasons consciously, including fears and inner critic dialogue.