MAKING HARD DECISIONS WORKSHEET

Strategies:

- Looking at the bigger picture can help make smaller decisions less stressful.
- Attempt to prioritize your goals.
- Consider worse case scenarios, and realize how likely or unlikely they are to happen.
- Check in with your gut and stop over-analyzing.
- Give yourself a deadline.
- Consider the pros and cons by yourself, with others and then make your choice.

1. Think of a hard decision you are facing today. Ask yourself, which choice do I *want* to make, and which choice am I *trying to avoid* making?

2. With a challenging decision you are facing right now, list what you are afraid might happen if you do it, or don't do it.

3. Identify, and write their name below, someone who you can ask their advice on making a tough decision.

"Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home, and think about it. Go out and get busy."

—Dale Carnegie