A SHRINQ WORKSHEET

The Decision Worksheet.

For decisions your mind keeps circling without landing. The goal is not the perfect choice. The goal is a considered choice, made on paper instead of at 2 a.m.

The decision, in one sentence:

The date I will decide by (write it, mean it):

The options, honestly listed

Include "change nothing." It is always an option and it always has a cost.

What actually matters here

The three things this decision most needs to protect or produce:

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Stress-test the favorite

The option I am leaning toward:

Realistic worst case if I choose it, and what I would do then:

Most likely outcome, honestly:

How will I feel about this choice in 10 minutes, 10 months, and 10 years?

Shrink the stakes

Is there a smaller, reversible version of this choice I could run first?

MY DECISION

I choose _____ , and the first step, taken within 48 hours, is:

BEFORE YOU USE THIS

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