

# Decision Making

## Toolkit

This workbook will walk you through a few different exercises that you can apply when you're making an important or difficult decision in your life.

### 10 / 10 / 10 Rule

Decision option one:

Decision option two:

How will this decision impact you in ten minutes?

How will this decision impact you in ten minutes?

How will this decision impact you in ten months?

How will this decision impact you in ten months?

How will this decision impact you in ten years?

How will this decision impact you in ten years?

## Outsiders perspective

Pretend that you're a protagonist in a novel that you're reading. Fill in the blank. Why don't they just \_\_\_\_\_ already?

Imagine that you've just been transported in to your body. You have amnesia, so all of your past decisions are unknown to you. Your only option is to look at your current situation and take advantage of the skills and knowledge that you've inherited. What do you do next?

## Experiment, then decide

How could you experiment to help you to better understand your options before deciding?  
How can you take a step in to test the water rather than diving head first?

## Fear setting

Define your fears	Prevent your fears	Repair your fears
<p>I'll buy an investment property and no one will rent it out.</p> <p>EXAMPLE</p>	<p>I'll talk to other home owners in the area and research popularity of the area that I buy in.</p> <p>EXAMPLE</p>	<p>I'll save up six months worth of mortgage payments. If no one moves in, I'll sell the property or move in.</p> <p>EXAMPLE</p>

If you don't take action, what will you miss out on in six months, five years, ten years?

What are you waiting for?

## Present me thinking

Use present me thinking to help you declutter and purge

If I never invested my time / money / energy in to \_\_\_\_\_ and I had to decide today whether to invest my time / money / energy in to \_\_\_\_\_, knowing what I know now about \_\_\_\_\_ what would be the best decision?

## Notes