

Decision Making for Resilient Leadership

1. Define the decision

Write a clear statement that you can test your decision-making process with.

Example: "I am going to write a book." OR "I am not going to write a book."

2. Get input from head/heart/gut

For each of the below ask yourself:

What do I **think** about this decision?

What do I **feel** about this decision?

What do I **intuitively know** about this decision?

3. Evaluate the input

After gathering the input from head, heart and gut, give a numerical rating to each area using a scale of 0-10, 10=strongly support decision

HEAD: How strongly do you **THINK** this is the right decision? Rating: _____

HEART: How strongly do you **FEEL** this is the right decision? Rating: _____

GUT: How strongly do you **INTUITIVELY KNOW** this is the right decision? Rating: _____

4. Make the DECISION

Ask yourself, what is my decision?

My decision is: _____

I am delighted to connect by phone or email to answer questions about the worksheet or how to implement your decision.