

# Decision-Making with Intention

Live life on purpose.



Worksheet

The decision I need to make is: \_\_\_\_\_  
\_\_\_\_\_

I need to make this decision by (deadline): \_\_\_\_\_

This decision is important because: \_\_\_\_\_  
\_\_\_\_\_

Step one: [Know Yourself](#)

In the table below, list your current and desired thoughts, feelings & actions.

	Thoughts	Feelings	Actions
Current			
Desired			



Step two: **Choose Yourself**

What are your options? If there are more than 3 possibilities, on a separate page list all options until you can't think of any more. Then list the top 3 most desirable below.

Option 1: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Option 2: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Options 3: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Step three: **Give Yourself**

What is most important, in terms of this decision? (don't overthink here, just write what comes) \_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Which option aligns most with your purpose and values? Rank the top three in the table below:

Values	Purpose/noble goal	Other _____

The decision that feels right is: \_\_\_\_\_  
\_\_\_\_\_

My action commitment: \_\_\_\_\_  
\_\_\_\_\_