

Decision-making matrix

Finding your path forward

When we face a difficult choice, our minds often focus on the immediate stress rather than the long-term impact. Using tools like this matrix can help you to weigh your options objectively and align your decision with your personal goals and values.

What is the specific decision or change you are considering?

Consider both the immediate impact and future growth for each path

	Option A: Staying the Same (The Status Quo)	Option B: Making a Change (The New Path)
Advantages & Opportunities	What are the advantages of keeping things as they are?	What are the positive outcomes if you move forward?
Challenges and Considerations	What are the downsides or risks of staying where you are?	What are the challenges or sacrifices of making this change?

Looking at your notes above, which square feels the most significant to you?

How does each option align with the person you want to be?

After completing this matrix, which direction feels the most sustainable for your well-being?"

What is one small piece of information or support you need to feel 10% more confident in this choice?