

What impact (positive and negative) does this have for you and the people around you?

What is the motivation for this decision? i.e. Internal desire/external pressure, courage/fear

What is your emotional and physical state as you make this decision?

What other factors do you need to take into account?

REVIEW DATE: _____

What was the outcome?

What did you learn?

What, if anything, will you do to improve your decision making process next time?

What else needs to be considered?
