

How to make decisions with certainty and confidence



Exploring both sides of the decision you are making can help with being certain and confident in decision-making.
1. Write down what you are making a decision on 2. Write your thoughts in the boxes 3. Use the information to support making the decision that is right for you

Question:

By saying yes, I am saying no to...?

The benefits of saying yes are...?

The costs of saying yes are...?

By saying no, I am saying yes to...?

The benefits of saying no are...?

The costs of saying no are...?