

Making decisions



Making decisions can seem difficult and, usually, we know what to do. However, external noise and our own inner conflicts take us away from our intuition.

The following steps can help you connect with your intuition, using the template on the next page.

- Write down the decision you're trying to make.
- Identify the options.
- Write down the 'PROs' and 'CONs' for each option.
- Score each: 1 = not important to 5 = very important.
- Total each column and compare to find the highest score.
- Check if your intuition was right.

Decision: Do I need help in caring for my elderly parent?			
PROs	Score (1-5)	CONs	Score (1-5)
May make me feel less fatigued	5	Parent may not be cared for properly	5
May relieve my parent's boredom	3	My parent may not like the carer	3
I might be able to do more for myself	4	It may be too expensive for me	3
I might not be so angry	4	I may feel guilty that I can't cope	4
PROs total	16	CONs Total	15

