

Decision making: the grid

Deciding what to do can sometimes be hard.

This tool can help explore the pros and cons of making a decision, but also the pros and cons if you don't do it. Looking at a decision from different angles can make it easier to see what you really want to do.

Fill in each of the boxes in turn to capture your thoughts.

What happens if...

What doesn't happen if...

I do it

I don't do it
