

IT'S MY CHOICE

CHOICE.



WHAT DECISION CHALLENGE AM I FACING?

NEEDS:


WANTS:

NON-NEGOTIABLE:

What are my VALUES?

Who
1. _____
2. _____
3. _____

What
1. _____
2. _____
3. _____

Options 
1. _____
2. _____
3. _____
4. _____

Pros
1. _____
2. _____
3. _____
4. _____

Cons
1. _____
2. _____
3. _____
4. _____

How does my heart feel? 

I choose

Self Reflection



Let's Celebrate