



## Decision Making Worksheet

1. What decision do you want to make?
2. How long have you been wanting to make this decision?
3. What are the pros and cons of making this decision?
4. What's holding you back from making this decision?
5. What resources do you have that can help you make this decision?
6. How can a coach, mentor, family member, or friend help?
7. What's one action step you can take?

I'm here because I care, and I can help. Let's stay connected!

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