FMB EMPIRES / FREE PRACTICAL WORKSHEET

Decision Reset

Slow the spiral. Compare what matters. Choose one next step.

1. Name the decision

What am I deciding? _____

When do I need to decide? _____ What happens if I wait? _____

2. Set your criteria

What matters most in this decision? Choose up to three: _____

What is a must-have? _____ What is a trade-off I can accept? _____

3. Widen the options

Option A: _____ Option B: _____

A third option, including waiting or gathering one fact: _____

What information could genuinely change my view? _____

4. Choose a next move

Is this decision easy to revisit? [ ] Yes [ ] No [ ] Not sure

My smallest useful next step: _____

I will take it by: _____ I will review the result on: _____

> A good decision does not guarantee a good outcome. Make the choice with the information available, then learn from what happens. For major legal, medical, financial, or safety decisions, use qualified support and reliable information.