

Decision Rocket

I need to
make a decision

1

2

3

4

5

6

1. Belief affirmation
about my
decision-making
abilities

Example:
I am capable of
making good decisions.

I make choices
that are in line
with my beliefs.

2. Information stage

Do I need more
information
about my choices?

Do I need to do
research?

Do I need to talk
to someone else?

3. List

Can I list the
advantages/
disadvantages
of each choice?

What other
lists can I make
to help me
decide?

4. Inner strength

I pray/meditate
or go to an inner
quiet place.

I take a restful
pause to clear
my head.

5. Commit

I decide
that I will
commit
to my decision.

I give my
decision
all my energy
and focus.

6. I decide

I make a choice.



I give myself enough time
to see if I made
the right decision.

I look for signs and
things that show me
that I have chosen well.