

# Indecisiveness Worksheet

**1. Identify the Decision:** Clearly state the decision you need to make.

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**2. List the Options:** Write down all possible options, even those that might seem less viable.

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**3. Gather Information:** For each option, list the advantages and disadvantages.

	Pros	Cons
Option 1		
Option 2		
Option 3		

Identify any gaps in your knowledge and how you might fill them.

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**4. Reflect on Values and Goals:** Consider how each option aligns with your personal values. Think about how each choice could impact your long-term goals.

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**5. Emotional Check-In:** Note your emotional reactions to each potential choice. Acknowledge any fears or anxieties that might be influencing your indecision.

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## 6. Consider Outcomes:

- Best-Case Scenario: Imagine the best possible outcome for each option.
- Worst-Case Scenario: Consider the worst-case scenario and how likely it is to occur.
- Acceptability of Risks: Decide if you can live with the potential risks associated with each choice.

	<b>Best-Case Scenario</b>	<b>Worst-Case Scenario</b>	<b>Can I live with the potential risks?</b>
<b>Option 1</b>			
<b>Option 2</b>			
<b>Option 3</b>			

**7. Intuition and Gut Feeling:** Take note of any strong intuitions or gut feelings you might have about each option.

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**8. Seek External Input:** Record advice or perspectives from friends, family, or mentors.

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**9. Make a Tentative Choice:** Based on the analysis above, choose the option that seems most suitable.

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**10. Live with Your Decision (Temporarily):** Before making a final commitment, consider living with your decision for a set time to see how it feels.

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