

Decision No: _____

Date: _____

Time: _____

Decision: _____

Mental/Physical State (check boxes)

Energized Focused Relaxed

Confident Tired Accepting

Accommodating Anxious Resigned

Frustrated Angry

The situation/context:

The problem statement or frame:

The variables that govern the situation include:

The complications/complexities as I see them:

Alternatives that were seriously considered and not chosen were:

Explain the range of outcomes:

What I expect to happen and the actual probabilities are:

The outcome:

Review Date (6 months after decision date): _____

What happened and what I learned: