

Use Optionism™ for Great Decision-Making

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Step 1:

Think of a decision you need to make; yet, for some reason, you have a difficult time making it. If you cannot think of a decision that is before you right now, recall a situation from the past, i.e., a decision that was difficult for you to make.

Step 2:

Which options are you considering?

Step 3:

If you are only thinking of two options (for example, saying “yes” or “no” to someone or something, then stop. Either way, what additional options could you come up with? Get creative!

Option 1:

Option 2:

Option 3:

Option 4:

Option 5:

Step 4:

Now that you are have more than 2 options – three at least -, weigh their pros and cons.

Option #	Pros	Cons	Questions to explore
1			
2			
3			
4			
5			

Step 5:

On a scale of 1 – 10, how much easier is it now to decide? (10= easiest). _____

Why? _____

