

Decision Matrix

Have you ever gotten stuck making a decision? What that happens we get trapped in a loop of "should I or shouldn't I?"

Or, are you the type of person who flies by the seat of your pants, say yes and figure stuff out later? Either way the decision matrix can help. It is a pro-cons list but even better!

When using this we get to see what we actually want to do and what are the obstacles. When we know what we actually want, and the obstacles we can work toward our goal.

Sit down with the worksheet below. In the top row list our the pros for doing what you are thinking about, and the cons for what you are thinking about. In the bottom two boxes write out the pros for not doing what you want, and the cons for doing what you want. When you're done, go through the lists, do you even want this goal? Is your goal doable? If not, what can you do to make it doable?





Decision Matrix

What you are considering doing

Pros of doing....

1

2

3

4

5

Cons of doing....

1

2

3

4

5

Pros of not doing....

1

2

3

4

5

Cons of not doing.....

1

2

3

4

5





Decision Matrix

Bike packing trip in July

What you are considering doing

Pros of doing....

- 1 explore new places
- 2 I love challenges
- 3 Learn new skills
- 4 be out in nature
- 5 find quiet

Cons of doing....

- 1 a lot of time to train
- 2 financial cost
- 3 I've never camped
- 4 possible bad weather
- 5 snakes

Pros of not doing....

- 1 spend time with family
- 2 save money
- 3 go on different vacay
- 4 no snakes
- 5 sleep in a bed

Cons of not doing.....

- 1 Possible regrets
- 2 missed opportunities
- 3 if not now, when?
- 4 FOMO
- 5 no new gear

