

# Decision-making Workbook

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## Decision-making Work Book

### Introduction – Where are you now?

So you have a decision to make? You have read the book and you are ready to start. The starting point is to review the environment that has brought you to this moment in time. Make some notes on the circumstances leading up to this decision. The following headings may assist you.

Some biographical background

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What personality preference takes over in a crisis? (Page 16)

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Circumstances that have lead to your decision.

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Your mental state

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Your emotional state

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## Decision-making Work Book

### Step One – Defining the question

First who is your decision-making ally going to be?

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Next write the question down the way you see it now.

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Discuss and review with your ally. Can it be simplified. Can it be adapted to result in positives and negatives? Write the question out again.

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Review the issues that are causing you conflict.  
What are the factors favourable to the decision you are making?

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What are the contrary factors?

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Make sure you have considered both the rational and the emotional influences.

Where are your fears relative to this decision?

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## **Decision-making Work Book**

### **Step One – Defining the question (continued)**

Create an affirmation for guidance. This should be a brief positive statement asking for assistance. For example “Show me the way. The most important thing about your affirmation is that it works for you and you feel comfortable repeating it in your mind for the next twenty-four hours.

My affirmation is:

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Finally find a quiet space and have your ally guide you through the meditation on seeking guidance. You may want to light a candle and put on some soothing music. If you are working on your own you may wish to record the meditation on a tape and play it back.

Commit for the next twenty-four hours to sporadically bring your question into your mind and focus on your guidance affirmation.

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### Step Two – Going within for guidance.

Remember the most important aspect of this step is to be mindful and pay attention to the everyday incidents that occur during the next five days. Try to record the events in your journal every day. You may wish to continue periodically to repeat your guidance affirmation.

Commence this step with the meditation titled “Finding the Right Tools.” Find a quiet place, perhaps light a candle and centre yourself. Ask your ally to guide you through the meditation. (Or make a tape to play to yourself.)

Following the meditation, review the different categories that are reviewed in the book and make a commitment to pursue at least one from each section. Identify what you are willing to undertake during the next five days and record them below.

Category	Your Commitment
Silence	_____
Your passions	_____
Synchronicities etc.	_____
Divination tools	_____

### Daily Record

This step continues for five days. At the end of each day, record the highlights of the day and specifically reference when you complete one of the above activities and any insight, feelings or issues that came up. If you choose to work with some form of divination tool, I suggest you utilize the meditation “ Working with Oracles” before you start.



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## Step Two – Going within for guidance (continued)

### Day Three

Perhaps today is the day to ask your partner to guide you through the decision-making visualization. Record any insights you may have received. Did anything surprising occur today?

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### Day Four

Perhaps you noticed an unexpected insight when you were exercising. Was this the day you chose to listen to music or get involved in some other passion? Your inner voice can show up in many different forms. Keep track of your daily adventures.

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# **Decision-making Work Book**

## **Step Two – Going within for guidance (continued)**

Day Five

Don't spend too much time trying to analyse what has come up. Just keep tracking your experiences. Check back to ensure you have kept the commitments you made to your self when you started this step.

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After five days it is time to move on to step three.





## **Decision-making Work Book**

### **Step Three – Release and let go (continued)**

First you may want to create an affirmation that you will use to stop yourself from thinking about the question.

My affirmation is:

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Find a quiet space, light a candle and become silent. Hold in your mind the commitment to release this decision to the universe or to your higher self. Create an attitude of trust in the outcome and give silent thanks for the inner journey you have been undertaking.

Now utilize the “letting go” meditation to complete this ritual. Ask your ally to guide you through the meditation. Remember all of the meditations are equally effective in person or over the phone. Alternatively guide yourself through it and remember to substitute your affirmation in the second to last paragraph.

It is important to sustain this process of release for twenty-four hours before moving on to the final step.



