Decision Journal

Anxious

Frustrated



What is tl	ne decisio	n you've m	ade?								
What do	vou expec	t to happeı	n as a resu	ılt of vour	decision?						
	, , , , , , , , , , , , , , , , , , , ,										
How conf	ident are y	you that th	ings will t	urn out as	you expe	ct?					
10%	20%	30%	40%	50%	60%	70%	80	80% 90%		100%	
Review y	our decisio	on state:									
When you made your decision, did you have:						Not enough Just		Right More than enough			
Enough sleep						1		2		3	
Enough information						1		2		3	
Enough support from management or others						1		2		3	
Enough o	1		2		3						
Enough t	1		2		3						
A /	611	following	•								

Resigned

Distracted

Angry