



## PLAYING IT THROUGH

Think about an upcoming decision. What is the decision I need to make?

What are my choices:

Option 1. \_\_\_\_\_

Option 2. \_\_\_\_\_

You can write more if you have more options...

What Will Happen If... Write down: ("If I \_\_\_\_, then \_\_\_\_") for each option:

---

---

What do I choose? (Choose one option, stick by your decision, breathe into any anxiety, and trust your instincts. Try to ignore pressure from the outside world.)

Write it down:

---

What is my next best option?

---

What happened/How did it work out? Did you stick with your first option or move onto the alternative?

---

What happens if I make no decision?

---

