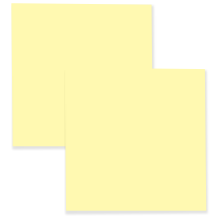


# Structured decision making: The Decision Canvas



## What is to be decided?

Deciding between options? Deciding about next steps?



## What are your values? What do you stand for?

Which values and qualities do you associate with a fulfilling life? What is important to you?

## What does your mind tell you?

Look at the data and listen to what your mind is telling you. Be open and curious about all thoughts. Allow even the critical and uncomfortable thoughts to speak without judgment.

## Until when?

Set yourself a date

## Data and facts about your options

Jot down the most important data and facts about your options



## Important information missing

What information is needed to make a decision?

## What does your heart say? What does your gut tell you??

Imagine the best possible future for each option. How does it feel? What does your heart beat for? And which option gives you more of a stomachache?

## Who do you want to involve in the decision process?

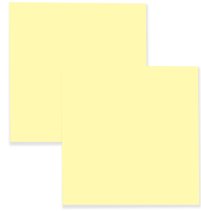
Which persons or institutions do you want to involve in the process? Why is it important?

# Committed Action: Acting courageously for a fulfilling life



## What does your mind tell you?

Look at the data and listen to what your mind is telling you. Be open and curious about all thoughts. Allow even the critical and uncomfortable thoughts to speak without judgment.



## What are your values? What do you stand for?

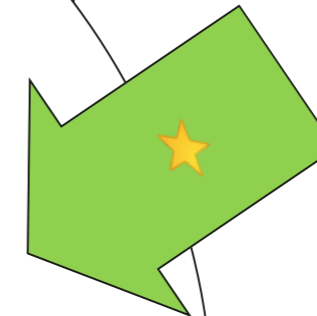
Which values and qualities do you associate with a fulfilling life? What is important to you?



**Willingness:**  
**I am willing to accept the following things, thoughts and feeling in the service of my values and a fulfilling life:**

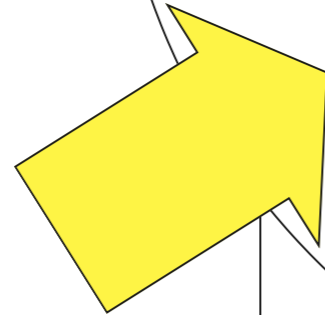
The future is uncertain. That's why a decision is rarely perfect and usually comes with risks, uncomfortable feelings, or fears. Otherwise, you wouldn't be filling out this canvas.

The question now is:  
What risks am I willing to take for a fulfilling life?  
What uncertainties am I willing to embrace for a fulfilling life?  
What unpleasant feelings and fears am I willing to accept for a fulfilling life?



## What does your heart say? What does your gut tell you??

Imagine the best possible future for each option. How does it feel? What does your heart beat for? And which option gives you more of a stomachache?



## Important information missing

What information is needed to make a decision?

