

## Decision Notebook Guide

Decision:

Date/time:

Mental/physical state:

for example, tired, rested, confident, excited, rushed, focused, relaxed, frustrated, accommodating, hungry, full, anxious, annoyed, hopeful)

How I'm framing the decision:

Context and key variables influencing decision:

Options considered:

Safe assumptions:

Potential biases:

Potential fallacies:

Expected outcome:

Actual outcome:

What I learned: