

# Stress Decision Framework

Decision-making takes time. The effect of weighing up pros and cons uses up precious resources and risks adding to an already stressful workload.

This worksheet helps you put decision making in context – aiming for a *good enough*, not *perfect*, decision (Armstrong, 2019):

Ask yourself the following:

**1. Am I empowered to make this decision?**

If no, who can I redirect the request/decision to?

**2. Will I remember making this decision a year from now? What is the outcome? (is the outcome minor, or will it have a significant impact on my life?)**

**3. List in the box below six criteria for a 'good enough' decision (such as, cost, duration, completion date, etc.)**

1.	
2.	

3.	
4.	
5.	
6.	

**4. Set a time/date by when a 'good enough' decision must be made**

**5. If you make a 'good enough' decision, do you need to revisit it later (and when)?**

Often, a 'good enough' decision, based on what we currently know, is enough, especially when decision-making is stressful. Only for major, life-changing decisions do we need to spend a great deal of time and effort making a choice.

**References**

- Armstrong, A. (2019). *Resilience club: Daily Success habits of long-term high performers*. London: Rethink Press.