

## Decisions, Decisions

The article “Yes, No, Maybe So” (page 15) provides strategies for making some tough and not-so-tough decisions. Another tool that can help you visualize your options is a flowchart. The sample chart below illustrates the different factors you might use to decide whether to sleep in or get up early on a weekend. It includes spaces to list the pros and cons of both choices, so that you can more easily compare them. Finally, the last box allows you to clearly detail your decision; writing down your choice can make it feel firmer and help you stick to it.

To see how it works, construct your own flowchart on a separate piece of paper. Select a decision you’re struggling with or unsure about. Then write down the pros and cons of each of the options. Once you’ve got it all down on paper, filling in the last box with your ultimate decision should be easier.

