Questions before a big decision

Seven questions to think through before deciding on something that changes your life.

> Big decisions are often taken at an emotional peak. These questions move the conversation from »what do I feel right now« to »what actually matters«. Answer in writing — in your head the answers slip away.

The decision

The questions

1. What would I advise a friend in the same position?

2. How will this look in a year? In five?

3. What do I lose if I DON'T decide?

4. Which of my values is on the table here?

5. Am I running from something or going towards something?

6. What would have to be true for this to be a mistake?

7. Am I deciding calmly or at a peak?