



B.R.A.I.N DECISION MAKING WORKSHEET:

B: Benefits

What are the Benefits do doing this? How could it be helpful? What would be the best possible outcome?

B: _____

R: Risks

What are the Risks to doing this? What side effects could there be? What harm could there be?

R: _____

A: Alternatives

What Alternatives are there? What other approaches could be taken? Could anything be added by moving forward with multiple approaches or solutions at the same time?

A: _____

I: Intuition

What does my Intuition say about this choice? Is this choice rooted in my own values and does it resonate with me?

I: _____

N: Nothing

What would happen if I choose to do nothing? What would happen if I choose to wait?

N: _____

