

Decisions Decisions



The Litmus Test and the Decision Matrix Helping you make decisions



The Litmus Test* - Ask yourself these questions;

- Is the thought or belief a true fact?
Remembering that a fact is different to an opinion.
- Does the thought or belief serve your best interest?
Is your best interest served when you prioritise this matter?
- Does the thought or belief protect and prolong your health?
Does making this matter a priority compromise your health in any way?
- Does this thought or belief get you what you want?
Is this behaviour working for you?

The Decision Matrix – where does this decision fit?

Quadrant I Important and urgent	Quadrant II Important and not urgent?
Quadrant III Important and not urgent	Quadrant IV Not important and not urgent

*Adapted from: “*Real Life - Preparing for the 7 Most Challenging Days of Your Life*” 2008
by Dr Phil McGraw. Simon & Schuster: New York NY, pages 21-22

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