Decision checklist

- [ ] I have listed all realistic options, including doing nothing
- [ ] I know what matters most
- [ ] I have facts, not just impressions
- [ ] I have asked someone I trust
- [ ] I know the deadline
- [ ] I know what happens if I'm wrong and how to recover
- [ ] I have slept on it (for big decisions)
- [ ] I have written down why I chose

Notes

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