

What Matters Questions

Take 10 minutes. Pour yourself a cup of tea or coffee. When thinking about the decision that you need to make, brainstorm as many questions as you can think of at the moment. Set it aside. Revisit this sheet periodically throughout the week adding questions.

Questions

At the end of the week, mark the negative questions with an N and the positive questions with a P. For every negatively worded question, try to construct an alternative positively worded question.