

■ Decision Analysis Template

Inspired by Daniel Kahneman's 'Thinking, Fast and Slow', this worksheet helps you slow down, activate System 2 thinking, and make more deliberate, rational decisions.

1■■ Define the Decision:

What is the decision you are trying to make?

2■■ Identify Options and Consequences:

Option	Possible Outcomes	Pros	Cons
Option 1			
Option 2			
Option 3			
Option 4			

3■■ Identify Cognitive Biases:

Are you favoring information that confirms your beliefs (confirmation bias)? Are emotions influencing your judgment? List potential biases here:

4■■ Gather Evidence and Evaluate:

What data, facts, or expert opinions can help clarify this decision? List your sources and their reliability.

5■■ Final Decision & Reflection:

What is your decision and why?

What did you learn about your thinking process?
