A PRACTICAL FRAMEWORK FOR CLEARER PERSONAL DECISIONS

THE SOLOMON'S DECISION LAB

Create Distance. See Clearly. Choose Deliberately.

FIELD SHEET 01

PRINT / REFLECT / REVIEW

01 DEFINE THE DECISION

What decision am I facing?

What are my realistic options?

What matters most to me?

What am I afraid might happen?

02 BECOME YOUR OWN ADVISOR

Psychological distance means stepping back mentally - for example, imagining a trusted friend in your position. It may support clearer reflection, but it cannot guarantee a better choice.

What would I advise this person?

Which facts support that advice?

What might I overlook because this is personal?

What concerns deserve attention rather than dismissal?

03 EVALUATE THE OPTIONS

Option	Potential benefits	Possible costs or risks	What I still need to learn

04 CHOOSE A NEXT STEP

My current preferred option

Why it fits my priorities

One small next step

When I will review my decision

You do not need perfect certainty to take a thoughtful next step.

Notice the feelings. Check the facts. Respect the trade-offs.