DECISIONS AHEAD

1. Name one area in your life where you make poor decisions in the moment that you would like to change.

2. What are the decisions you have currently been making?

3. What are the results of these decisions?

4. With forethought, what are the decisions you would prefer to make?

DECISIONS AHEAD

5. If your present self makes these decisions, how can you ensure that your future self will follow through?

6. What will your future self-need to remember to follow through on this decision?

7. What will be the results of these better decisions and the follow through?

8. How do you imagine you would be different if you made and honored decisions ahead of time? Explain.