

# Decisions Decisions



## The Litmus Test and the Decision Matrix Helping you make decisions



### The Litmus Test\* - Ask yourself these questions;

- Is the thought or belief a true fact?  
Remembering that a fact is different to an opinion.
- Does the thought or belief serve your best interest?  
Is your best interest served when you prioritise this matter?
- Does the thought or belief protect and prolong your health?  
Does making this matter a priority compromise your health in any way?
- Does this thought or belief get you what you want?  
Is this behaviour working for you?

### The Decision Matrix – where does this decision fit?

Quadrant I Important and urgent	Quadrant II Important and not urgent?
Quadrant III Important and not urgent	Quadrant IV Not important and not urgent

\*Adapted from: “*Real Life – Preparing for the 7 Most Challenging Days of Your Life*” 2008  
by Dr Phil McGraw. Simon & Schuster: New York NY, pages 21-22