

Date:

Urgency:  Right Now  Within 7 Days  Within 30 Days

Dilemma:

# PROS & CONS

1:

1:

2:

2:

3:

3:

4:

4:

5:

5:

6:

6:

7:

7:

8:

8:

9:

9:

10:

10:

Total Pros:

Total Cons:

Decision:

# ACTION STEPS

1:

Done

2:

Done

3:

Done

4:

Done

5:

Done

**Worry a little bit every day and in a lifetime you will lose a couple of years.  
If something is wrong, fix it if you can. But train yourself not to worry.  
Worry never fixes anything.**

*Mary Hemingway*

## COACHFIRM

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