



*From the Desk of*  
**Darryl & Maria**

Enroll • Events • Trips • Race

## DECISION WORKSHEET

### What You Don't Change, You Choose

This worksheet is for you. Be honest. No one else will see this unless you choose to share it.

---

### 1. What Do I Want (or Need) to Change?

(Write the truth. Not what sounds good.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 2. Why Must This Change?

(How is this currently affecting your life, income, family, confidence, or peace of mind?)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 3. If Nothing Changes... What Am I Choosing?

(Be real. This is about responsibility, not guilt.)

- In one year, my life will look like:

---

---

- How does that make me feel?  
 Frustrated    Stuck    Regretful    Acceptable    Motivated to act

---

## 4. What Have I Been Avoiding That I Know Would Help?

(Actions you already know you should be doing.)

Daily follow-up

Attending trainings consistently

Working on myself (books, audios, mindset)

Talking to more people

Managing my time better

Taking care of my health

Believing in myself more

Other: \_\_\_\_\_

## 5. One Change I Will Commit To Starting Now

(One habit. One action. One standard.)

I commit to doing this daily or weekly:

\_\_\_\_\_

## 6. New Identity Statement (This Is the Shift)

Complete this sentence:

“I am the kind of person who \_\_\_\_\_.”

Examples:

- follows up daily
- finishes what I start
- shows up even when it's inconvenient
- takes responsibility for my results

Write yours:

\_\_\_\_\_

## 7. My Decision

(Circle one)

I choose to stay the same

I choose to change—and I'm willing to back it with action

If you chose change, write ONE reason you will not quit this year:

---

---

## 8. Signature (Lock It In)

Decisions become real when you claim them.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



*Building Leaders Through Travel*

Enroll • Events • Trips • Race