

Mini Decision Tool: STAY or CHANGE?



Use this quick tool when you feel unsure whether to stay where you are or make a change – job, business, direction, situation. Trust your first honest answers.

1. Gut Check

When I think about staying as things are, I feel:

- Calm / Content
- Slightly uneasy
- Frustrated
- Drained
- Stuck

When I think about changing something, I feel:

- Excited
- Curious
- Nervous but pulled toward it
- Overwhelmed
- Resistant

2. Reality vs Fear

What is not working right now?

What am I afraid might happen if I change?

Is that fear certain – or just possible?

- Certain Possible Unlikely

This tool is for reflection and clarity – it is not a substitute for professional advice or a guarantee of outcomes. Trust your judgment and seek additional support where needed.

3. The 6-Month Test

If nothing changed in the next 6 months, I would feel:

- Satisfied
- Slightly dissatisfied
- Frustrated
- Stuck
- Regretful

4. Alignment Check

Does my current situation align with what I truly want?

- Yes
- Partly
- No

Am I staying because it is right – or because it is familiar?

- Right Familiar Not sure

5. Small Experiment – no big leap required

Instead of “all or nothing,” what is one small way I could test a change – i.e. conversation, side project, new routine, boundary?

6. Decision Signal

If you answered mostly:

- Calm, aligned and content → Staying – with small improvements, may be right
- Frustrated, stuck, or misaligned → Change is likely needed, even if gradual
- Mixed signals → Start with a small experiment before deciding

This tool is for reflection and clarity – it is not a substitute for professional advice or a guarantee of outcomes. Trust your judgment and seek additional support where needed.

Final Prompt

Right now, the most honest next step for me is:
