

Consequences Matrix Worksheet

Decision Under Consideration:

Instructions

Use this worksheet to pause and reflect before making a decision. For each question below, write your thoughts in the corresponding box. Consider both positive and negative outcomes, and try to be as specific as possible.

What will happen if I take this decision?	What will happen if I don't take this decision?
What won't happen if I take this decision?	What won't happen if I don't take this decision?

Matrix Columns Explained:

What will happen if I take this decision?

Consider both positive and negative consequences that will occur if you proceed.

What will happen if I don't take this decision?

Consider the consequences that will occur if you do not proceed.

What won't happen if I take this decision?

Consider what potential outcomes or events will be prevented or avoided by making the decision.

What won't happen if I don't take this decision?

Consider what potential outcomes or events will be prevented or avoided by not making the decision.

Tips for Effective Use:

- Take your time to consider each question from multiple perspectives.
- Involve relevant stakeholders if the decision has broader implications.
- Revisit the matrix if new information becomes available or circumstances change.
- Consider both short-term and long-term consequences.
- Involve others if the decision affects more than just you.
- Use this matrix to ensure a well-rounded, thoughtful approach.

This worksheet is designed to support structured decision-making by encouraging a comprehensive pause and reflection on possible outcomes.