



Wise Mind Decision Worksheet



♡ Take a pause. Get curious. Choose what aligns with your values and your goals. ♡

Wise Mind is the balance between your emotions (what feels true) and your logic (what makes sense).

Use this worksheet to make decisions that support your recovery and your future. ——— ♡



EMOTIONAL MIND

What am I feeling?

What emotions are coming up about this decision?

If I follow my emotions, what might I do?

♡ Emotions are real and important, but they change.



RATIONAL MIND

What makes sense?

What are the facts of this situation?

What are the pros and cons of each option?

Pros: _____

Cons: _____

☆ Facts help me make informed choices.



WISE MIND

What feels right and makes sense?

What is the wise balance between how I feel and what I know?

What choice honors my values, supports my goals, and takes care of me?

♡ Wise Mind leads to peace, clarity, and confidence.

→ MY DECISION



What is the decision I am facing?

My Wise Mind Choice:

WHY THIS CHOICE?

How does this choice support my recovery and my future?

CHECK IN WITH YOURSELF

♡ How do I feel about this decision right now? _____

☆ What might get in the way? _____

🌱 What can I do if I start to doubt my decision? _____

✓ One small step I can take today: _____



REMEMBER

You don't have to choose between what you feel and what you know.

You can choose what is wise.



AWARENESS. INTENTION. WISE CHOICES. GROWTH.

