



ADULT ADHD / ADD TIPS & SUPPORT PODCAST  
**EPISODE 75: ANALYSIS PARALYSIS**



## DECISION-MAKING CHECKLIST

1

Clearly state your **goal/objective**

2

**Narrow down** your options

3

Set a **time limit**

4

Have I **assembled enough information** to make a good decision?

5

Can I **scale this decision**? Is this something I can test out for a shorter period of time?

6

Who can I **reach out** to that may have insights about this decision?

7

**Feed your subconscious mind:**  
Create reflection time through meditation and being out in nature

OTHER USEFUL TOOLS: **Journaling** and **Mind Mapping**