

STEP 1: ASK THE QUESTION

- a. Starting with the word whether, state the question succinctly, limiting the possible responses to two (a or b).
Example 1: Whether to move to (a) New York or (b) Florida? Example 2: Whether to move to (a) New York or (b) not?
- b. Capture your immediate response.
Example: I don't want to live where it's cold (i.e., the immediate response is Florida)
- c. Now, list the arguments in favor of and opposition to this initial response.
Example: Florida has beautiful beaches...; New York offers better employment opportunities...

STEP 2: SEEK PERSPECTIVE

- a. List the various people/parties affected by the decision and consider their wants or needs.
(This list will likely differ based on the issue and whether it involves an individual, group, or organization.)
Imagine asking (or ask) each of these people/parties what they would suggest.
- b. Often there is something important only you know and others do not.
Consider what facts, motives, or unexpressed beliefs, if shared, could alter their views.
- c. Envision someone wise: a person you know, a religious or historical figure, a fictional character... You can also imagine the older, wiser you looking back on today from 10 years in the future.

The kinds of questions someone wise might ask include:

What do you really want? How important will this be in a year? What are your assumptions/the stories you're telling yourself? What would you advise a friend in this situation? Or, what's the (larger) question behind the question?

STEP 3: ENGAGE THE VOICE OF WISDOM

(Pausing, even for one moment, disrupts our usual ways of thinking.) Take

a deep breath and consider closing your eyes.

Take another deep breath and another as you begin to turn your focus inward.

Notice the stream of thoughts flowing through your mind...

Without attempting to stop them or attaching to any one of them,

allow your attention to drift downward into your body.

Locate the center of your being, the place where you feel relaxed, centered, and calm. (You may feel your muscles begin to slacken.)

Now reconnect with the part of you that *knows* you—your fears, desires, intentions, aspirations—the (same) part of you whose purpose is to ensure your health and happiness as well as the health and happiness of those around you.

Gently but firmly hold your attention here as you summon your full awareness to this place.

(Take your time, the question is already here.)

Continue to remain here (in this place), open and present, “listening” for whatever arises...

(Though it may not utter a word or sound, the *voice of wisdom* will guide you.)

To *hear* it is to experience a deep knowing at the core of your being.

And you will know it's the answer when (together) your body, heart, and mind confirm it is so— the right thoughts, word, or actions for the circumstances...

While the answer may not immediately make itself known, you will have begun the process. In its own time and in its own way, the right response will emerge.

STEP 4: ACT

Following through may require taking a stand. Maybe it will require you to start, stop, or continue a given behavior.

Perhaps it's simply trusting yourself to make the decision.

STEP 5: OBSERVE AND ADAPT

The process does not end once a choice is made or action is taken. Ongoing awareness ensures that we learn from our decisions so we can adapt and change— each right choice propelling us toward the future we desire.

Issue:

Date:

STEP 1: ASK THE QUESTION



- What is the issue or question? (e.g., Whether a or b?)
- What's your immediate response? (i.e., What do you want or want to avoid?)
- What are the best arguments for and against acting on your immediate response?

STEP 2: SEEK PERSPECTIVE



- Who else will be affected and what might they suggest (e.g., family, friends, community)?
- What might they not know (or you are afraid to admit)?
- What would a wise person—perhaps the future you—ask?

STEP 3: ENGAGE THE VOICE OF WISDOM



(Pausing...) What do the body, heart, and mind agree to be true and right?

STEP 4: ACT



Knowing what you must do, how will you follow through?
Related: What, if anything, must you confront or overcome?

STEP 5: OBSERVE AND ADAPT



- What did you intend to happen?
- What happened?
- What will you do now?