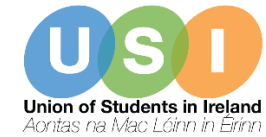
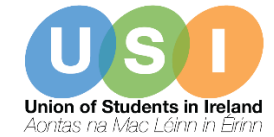




Decision Matrix – Emotion Based



Would Do This For Free		Dread This even Though I'm Paid To Do It	
Time-Consuming	Try to schedule time for each item here so you don't end up spending all your time doing them	For each item here list a big reward for completing it	
Not Time-Consuming	Try to do at least one item from here each day	For each item here list a small reward for completing it	



Difficult		Easy	
Stressful	Are there new skills that you can learn to help you with these, or ask someone for help? For each item here list a big reward for completing it.	For each item here list a small reward for completing it	
	Are there new skills that you can learn to help you with these, or ask someone or help? For each item here list a small reward for completing it	Try to do at least one item from here each day	
Not Stressful			