



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 |
| Not Stressful | 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 |