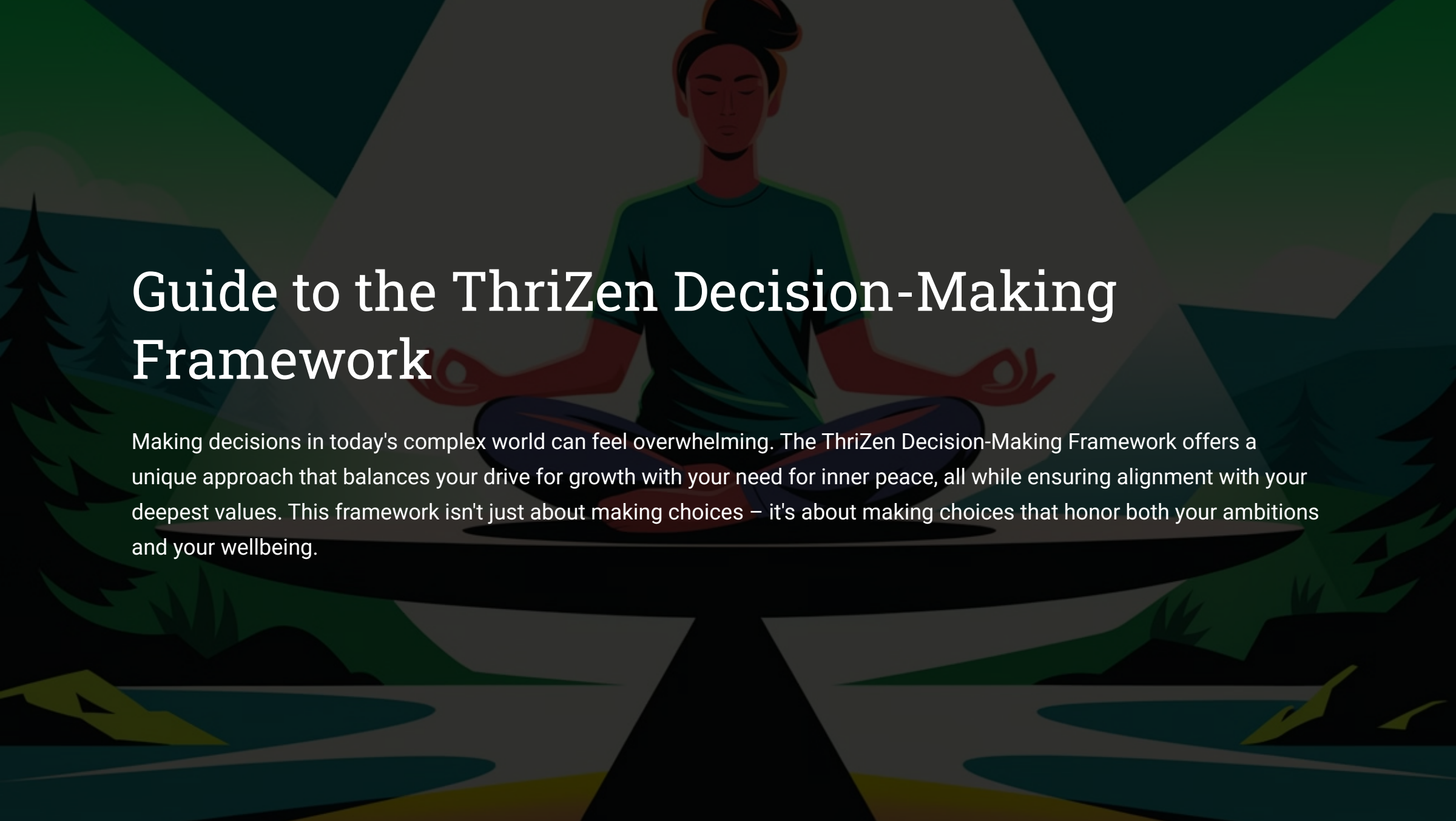


A stylized illustration of a person with dark skin and hair in a bun, sitting in a meditative lotus position on a large, dark, triangular seesaw. The person's eyes are closed, and their hands are in a mudra. The background is a dark, moody forest scene with green mountains, dark evergreen trees, and a body of water with small, dark, circular patches. The overall color palette is dark greens, blues, and greys, with the person's skin and clothing providing a slight contrast.

Guide to the ThriZen Decision-Making Framework

Making decisions in today's complex world can feel overwhelming. The ThriZen Decision-Making Framework offers a unique approach that balances your drive for growth with your need for inner peace, all while ensuring alignment with your deepest values. This framework isn't just about making choices – it's about making choices that honor both your ambitions and your wellbeing.

When to Use This Framework

Best Used For:

- Career transitions or job choices
- Major life decisions (relationships, relocations, lifestyle changes)
- Investment in personal development opportunities
- Setting boundaries and commitments
- Business or project decisions
- Long-term goal setting
- Relationship decisions

Not Necessary For:

- Routine daily choices
- Emergency situations requiring immediate action
- Simple preferences (like what to eat for lunch)
- Decisions with clear moral imperatives

How to Use the Framework Effectively

1

1. Preparation (5-10 minutes)

- Find a quiet space where you won't be interrupted
- Take a few deep breaths to center yourself
- Write down your decision question clearly at the top
- Set a realistic timeline for making this decision

2

2. Working Through Each Section

Growth Lens (10-15 minutes)

- Be honest about potential challenges and opportunities
- Consider both immediate and long-term growth potential
- Don't just focus on obvious skills – consider emotional and spiritual growth too

Peace Lens (10-15 minutes)

- Pay special attention to your physical responses
- Consider energy costs and stress impacts over time
- Be honest about fears and concerns – they're important data points

Fulfillment Integration (10-15 minutes)

- Reference your personal values list (create one if you haven't)
- Think about both short-term satisfaction and long-term fulfillment
- Consider impact on relationships and community

3

3. Integration & Decision (10 minutes)

- Don't rush this section
- The numbers are guides, not absolute answers
- Trust your intuition after doing the analytical work

Best Practices

Take Breaks Between Sections

- Each lens requires a different mindset
- Short breaks help maintain clarity
- Return with fresh eyes for each section

Be Honest with Ratings

- Avoid inflating scores for your preferred option
- Use the full range of the rating scale
- Include notes explaining your ratings

Use the Reflection Period

- Always complete the 24-hour reflection
- Notice any shifts in your feelings about the decision
- Document learning for future reference

Review Previous Decisions

- Keep completed worksheets for reference
- Track patterns in your decision-making
- Notice which factors tend to be most important for you

Common Pitfalls to Avoid



Rushing the Process

- The framework works best when given adequate time
- Schedule dedicated time for important decisions
- Break it into sessions if needed



Overthinking

- The framework is a guide, not a rigid rule
- If you're spinning in circles, take a break
- Remember: there are rarely perfect decisions



Ignoring Intuition

- Don't let analysis paralyze you
- The numbers should inform, not dictate
- Pay attention to consistent gut feelings



Skipping Sections

- Each part of the framework serves a purpose
- The magic happens in the integration
- Don't skip the reflection period

Making the Most of Your Results

1

Document Your Process

- Keep notes on insights and realizations
- Track patterns in your decision-making
- Create a decision journal for major choices

2

Share with Trusted Advisors

- Use the framework to structure conversations
- Get feedback on your reasoning
- Share your completed framework with mentors

3

Implementation Planning

- Use the implementation section thoroughly
- Set specific action steps
- Identify potential obstacles ahead of time

Remember

The ThriZen Decision-Making Framework is designed to bring mindfulness and intention to your choices. It's not about finding perfect answers, but about making decisions that honor your growth, peace, and fulfillment. Trust the process, be patient with yourself, and remember that every decision is an opportunity for learning and development.

"A decision made with awareness of both your aspirations and your peace is a decision made in wisdom." - ThriZen Philosophy

Conclusion

The ThriZen Decision-Making Framework provides a structured approach to navigate complex choices in life. By balancing growth, peace, and fulfillment, it helps you make decisions that align with your values and long-term well-being. Remember to use this framework for significant decisions, take your time with each step, and trust both your analytical thinking and intuition. With practice, you'll find that this method not only leads to better decisions but also fosters personal growth and self-awareness.

