

THE 10-10-10 METHOD

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CONSIDERATION	10 MINUTES	10 MONTHS	10 YEARS
If I proceed with...			
If I don't proceed with...			

1. Write in the consideration column the thought you are facing.
2. In the 10 minutes, 10 months, 10 years columns, put a smiley, neutral, or frowny face representing how you expect to feel at those times reflecting back on your decision.
3. Do this for both the "If I proceed with..." and "If I don't proceed with..."

This is derived from [10-10-10: A Life-Transforming Idea](#) by Suzi Welch

ADDITIONAL RESOURCES



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