

MY OPTIONS SORTER: How Well Do My Choices Match My Goals?



On the form below, identify the major goals/wishes that relate to the decision you’re currently making. Once you have your list, put the options across the top of the list in columns A, B, and C. Then you have set up a system for calculating how well each of the options is aligned with you current needs/wishes/goals now, one at a time. **On a scale of 1-10 (10=very good match), estimate the degree to which each goal, wish or need fits with the option in each column.** Then add up each column, which will yield a “numerical” score for each option and allow you to see how well each option generally fits with your goals, as well as to compare and contrast how well each of the options fits with particular needs and wishes of yours.

Wish/Need/Goal	Option A	Option B	Option C
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TOTALS **Total A:** **Total B:** **Total C:**

