THE NEXT MOVE

A 10-minute decision reset for everyday choices.

Choose one useful next step.

Use this when you are circling a small decision or waiting for someone else to choose. Bring one real choice and a pen.

WHAT YOU WILL LEAVE WITH

A clearer question, the criteria that matter to you, and a next action - or a specific plan to get the information you need.

YOUR QUICK ROUTE

1. Name the choice

Write the decision and identify what is keeping it open.

2. Compare what matters

Check realistic options against your priorities and constraints.

3. Make the next move

Choose a small step, a time, and a review point.

Use pages 3-5 for the timed reset; pages 2, 6 and 7 offer extra practice. For costly, unsafe, difficult-to-reverse, medical or legal decisions, organize questions and get appropriate advice rather than rush a choice.

Find your own preference

Asking for input can help. Notice what you are asking the other person to do.

Do any of these feel familiar?

- [ ] I say "anything is fine" when I do have a preference.
- [ ] I wait for someone else to suggest a plan.
- [ ] I ask several people the same question without new information.
- [ ] I hope someone else will choose so I cannot get it wrong.

A QUESTION TO TRY

Am I asking for a useful fact or perspective, or asking someone to take responsibility for my choice?

A recent small decision I handed over:

What did I prefer? It is okay if I need time to find out.

What felt uncomfortable about expressing it?

Try: "My preference is ___ because ___."

These prompts are for reflection, not a score or diagnosis. Delegating by agreement and genuinely having no preference can both be reasonable.

Name the choice

Choose one everyday decision you can safely explore.

What am I deciding?

Example: Which movement habit will I try this week?

What is holding this open? Mark what fits.

- [ ] I need a specific fact.
- [ ] I have not decided what matters most.
- [ ] I am afraid of making the wrong choice.
- [ ] I am trying to find a perfect option.
- [ ] I am tired or comparing too many possibilities.

INFORMATION OR UNCERTAINTY?

What fact could genuinely change your choice? If no useful fact is missing, more searching may not settle the uncertainty.

One question I need answered - or "none":

Can I safely test this and change course? Yes / No / Unsure

Compare what matters

Use a few realistic options; add another if an important one is missing.

My top priorities for this choice:

Examples: time, affordability, family, enjoyment, learning, reliability.

My non-negotiable constraint:

Example: Fits into 15 minutes and costs nothing this week.

OPTION	FITS MY PRIORITIES?	MAIN COST / TRADE-OFF
A		
B		
C (if useful)		

Which workable option fits best - and why?

If two options fit similarly, a small reversible test can help you learn.

Make the next move

A next step can be an action, a test, or gathering a specific missing fact.

My chosen next step:

If I need information: who or what will answer my question?

When and where will I do it?

TURN IT INTO AN IF-THEN PLAN

If [specific situation or obstacle] happens, then I will [specific action I can carry out].

My plan:

My review date:

What will I look for before continuing or changing course?

Revisit for useful new evidence, a changed constraint, or your planned review.

Bring your voice

Express a preference and make room for the other person.

WHOSE DECISION IS THIS?

Mine: I can seek input and make my choice. Shared: we discuss needs and agree. Theirs: I can express my view and respect their choice.

A small shared decision to practise:

My preference and why it matters:

What matters to the other person? Ask rather than assume.

START THE CONVERSATION

"My preference is ___ because ___. What matters to you?"

Our agreed next step - or what we still need to discuss:

Example: "I would like a quiet evening because I am tired. What were you hoping for?" A shared choice may require more time. Agreement is not the same as always getting your way.

Build trust through practice

Try one small decision a day. Notice the process, not just the outcome.

WORKED EXAMPLE

Choice: a movement habit. Priorities: free, easy to start, outdoors. Options: walk or mobility. Next move: try a 10-minute walk three evenings. Plan: if dinner is finished, I will put on my shoes and walk. Review: Sunday; check whether it fit my routine.

SEVEN SMALL DECISIONS

DAY	MY CHOICE / NEXT ACTION	WHAT I LEARNED
1		
2		
3		
4		
5		
6		
7		

Keep building your foundation

The Life Direction Audit helps you decide which area needs attention. The Unbreakable Foundation Workbook gives you more space to reflect, plan and build habits. Find them through the FMB Empires profile link.

ABOUT THIS TOOL

An original FMB educational worksheet informed by research on action planning and values clarification. The combined tool and 10-minute format have not been tested. Sources: Gollwitzer & Sheeran (2006), doi:10.1016/S0065-2601(06)38002-1; Witteman et al. (2021), doi:10.1177/0272989X211037946; CCI, Put Off Procrastinating and Accepting Uncertainty. It is not therapy or a diagnostic test.