

# DECISION MAKING SCORECARD

## Is this decision or goal...

### Intrinsically Motivated

*Aligned w/ values,  
has meaning to  
you*

1	2	3	4	5	6	7	8	9	10
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### Extrinsically Motivated

*Focused on money,  
status, image, etc.*

### Authentic

*Makes you feel  
more like you/who  
you want to be*

1	2	3	4	5	6	7	8	9	10
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### Inauthentic

*Makes you feel less  
like you/who you  
want to be*

### Approach-Oriented

*Motivated to  
achieve positive  
benefits*

1	2	3	4	5	6	7	8	9	10
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### Avoidance-Oriented

*Motivated to avoid  
negative  
consequences*

### Harmonious

*Boosts or builds  
momentum with  
other goals*

1	2	3	4	5	6	7	8	9	10
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### Conflicting

*Conflicts with or  
limits other goals*

### Flexible

*Allows flexibility  
for change*

1	2	3	4	5	6	7	8	9	10
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### Rigid

*Doesn't allow  
flexibility for  
change*

### Process-Oriented

*Will you enjoy the  
process of  
pursuing this goal?*

1	2	3	4	5	6	7	8	9	10
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### Outcome-Oriented

*Will you only enjoy  
the outcome of  
this goal?*

Add up your scores for each line, then divide by 6. Use your average to evaluate the strength of your decision/goal or as a tool to compare two or more.

**Score:**