

Freedom of Choice Wisdom Jig

Name:

Date:



"Between stimulus and response there is space.
 In that space is our power to choose our response.
 In our response lies our growth and our freedom."
 — Victor Frankel

Situation & why I chose it

Date, time and circumstances

[Empty text box for Situation & why I chose it]

[Empty text box for Date, time and circumstances]

Did I notice my moment of choice?

My habits of (un)consciousness?

[Empty text box for Did I notice my moment of choice?]

[Empty text box for My habits of (un)consciousness?]

Clear observations made?

Empowering mental models used?

[Empty text box for Clear observations made?]

[Empty text box for Empowering mental models used?]

What did I choose or decide?

Did I act on my intention? Why (not)?

[Empty text box for What did I choose or decide?]

[Empty text box for Did I act on my intention? Why (not)?]

Next time, I will see, choose, and act differently by...

[Large empty text box for Next time, I will see, choose, and act differently by...]