



Use the Catalyst™ Decision Scoring sheet to clarify difficult decisions with data

WHEN TO USE: to help prioritize decisions in your life with better clarity and visible metrics.

HOW TO USE:

1. Make a **copy** and **save** to your own Google Drive.
2. Separately rate each on a scale of 1 (minimum, normal) to 10 (maximum, easy).
3. If you need more help, [watch this video tutorial](#).

SCORING: The project or decision with the highest final score deserves your most attention and time.

Name of Project (that is requiring your time and attention)	Potential Career Impact value	Net effect on Family (1 = detract, 5 = neutral, 10 = add)	Anticipated Profit	Confidence and Capability of skills	Ease of execution	FINAL score
Speak at a probono event	10	5	0	9	10	34
12 week autoresponder series	8					8
Local news recurring spot 4 weeks						0
Project 4						0
Project 5						0
Project 6						0

As your practice expands, so do your opportunities—podcast invites, collaborations, new offerings, side gigs, and shiny ideas galore. It's exciting... but also exhausting.

We often fall into decision fatigue, wondering:

- *“Am I making the right choice?”*
- *“I’m doing everything—how do I narrow my focus?”*
- *“What if this is a huge mistake?”*

Sound familiar? You're not alone.

Entrepreneurs and practitioners alike face **emotional noise** that clouds clarity. Add the pressure of perfectionism and people-pleasing, and it's easy to say “yes” to things we later regret.



🌟 Introducing: The CATALYST™ Decision Scoring Sheet

This tool helps you **zoom out** and look at decisions *objectively*.

Inspired by the [RICE method](#) (Reach, Impact, Confidence, Effort), this custom scoring system adds key considerations for functional medicine entrepreneurs like:

- 🌱 **Career Alignment**
- 💰 **Revenue Potential**
- ⌚ **Time Commitment**
- 🧠 **Mental Load**
- 👨‍👩‍👧 **Impact on Family/Life Balance**
- 🔥 **Creative Excitement**

Each decision gets a score—helping you cut through the fog and see which projects are truly worth your precious time and energy.

📋 How to Use It:

1. **Open the [CATALYST™ Decision Scoring Sheet](#)** (view-only link provided)
2. **Make a copy** and save it to your own Google Drive
3. **List your decision options** (ex: “Launch a course,” “Say yes to podcast interview,” “Join a mastermind,” etc.)
4. **Rate each one** according to the built-in criteria
5. Watch the numbers speak for themselves!

This isn't a perfect science—but it *is* a powerful mirror to reveal what matters most right now.



🎯 A Tool for Clarity, Not Perfection

Let this be your gentle reminder:

Just because you *can* do something doesn't mean you *should*.

This scoring sheet helps you **discern** what's truly aligned with your season, your energy, and your mission—so you can say “yes” to the right things and confidently say “no” to the rest.

Here's to smarter, simpler, more soul-aligned decisions. 🧡