

PROBLEM, SOLUTION.

page 1-15 Problem. Solution.

page 16-22 Criteria Checklists.

page 23- Life SOPs

👉 Unsure → Analyze (PSC123)

👉 Sure → Apply Proven Solution

When unsure then PSC123

PROBLEM. Question

SOLUTIONS. write all options pros cons

CRITERIA. Goals, Needs.

When sure of tested solution then PSR

PROBLEM: Name the situation/problem

SOLUTION: Name the proven solution

REASON this is a good solution: BECAUSE or BENEFIT: (PSB)

- Pros, Benefits
- Cons avoided. Prevents problems, mistakes, regrets.
- Meets goals, needs, criteria

BB. IF this problem/situation then do this action because of these reasons.

BB. God says...

"Temptation → Flee + PSC123"

Use this library to see proven solutions to common problems.

If you're unsure, analyze using PSC123.

If you're sure, apply the solution and note the reasons to reinforce your decision-making skills."

Main Library Page (Hub)

- Short introduction:
"This library contains common life problems and proven solutions using the DM101 method."
- Each category is a separate post for easy reference."
- **Category links (spokes):**
 1. Life Difficulties → [Link to Life Difficulties post]
 2. Relationships → [Link to Relationships post]
 3. Work / School → [Link to Work / School post]
 4. Finances → [Link to Finances post]
 5. Spiritual / Moral Choices → [Link to Spiritual / Moral Choices post]
 6. Habits / Self-Control → [Link to Habits / Self-Control post]
 7. Health / Fitness → [Link to Health / Fitness post]
- Optional: small **search bar or filter** so users can type a keyword and find a problem quickly

Scenarios

Problem → Solution → Reason

PS123-G → Good Criteria → Best Solution → Standard Procedure → Good Habit

Category 1: Everyday Life / Productivity

1.

PROBLEM: Car doesn't start

SOLUTION: Call AAA and take it to a mechanic

REASON: They can fix the car safely and ensure transportation.

2.

PROBLEM: Running late for an appointment

SOLUTION: Call ahead to let them know and adjust schedule

REASON: Shows responsibility, reduces stress, and preserves relationships.

3.

PROBLEM: Forgetting an important task

SOLUTION: Use a planner or set phone reminders

REASON: Prevents missed deadlines, reduces stress, and improves reliability.

4.

PROBLEM: Impulse online shopping

SOLUTION: Wait 24 hours and review need vs want

BECAUSE: Avoids buyer's remorse, saves money, and meets financial goals.

5.

PROBLEM: Overcommitting to tasks

SOLUTION: Prioritize and say "no" to low-priority requests

BECAUSE: Protects time, reduces stress, and maintains focus on important goals.

6.

PROBLEM: Poor work habits

SOLUTION: Use time-blocking and set reminders

BECAUSE: Increases productivity, builds discipline, and meets career/learning goals.

7.

PROBLEM: Trouble remembering deadlines

SOLUTION: Use a calendar or app to track important dates

BECAUSE: Increases reliability, reduces stress, and prevents missed tasks.

8.

PROBLEM: Difficulty completing a big project

SOLUTION: Break it into smaller tasks with deadlines

REASON: Increases focus, reduces overwhelm, and improves completion rate.

9.

PROBLEM: Overloaded with notifications

SOLUTION: Turn off non-essential notifications and schedule focused work time

REASON: Reduces distraction, improves productivity, and preserves focus.

10.

PROBLEM: Temptation to procrastinate on homework

SOLUTION: Set a timer for focused work with short breaks

REASON: Increases focus, ensures progress, and builds discipline.

11.

PROBLEM: Decision under pressure

SOLUTION: Pause and say, "I don't know, let me think," then use PSC123

REASON: Reduces hasty decisions, allows thoughtful options, and aligns with wise decision-making.

Category 2: Emotions / Anxiety / Mindset

12.

PROBLEM: Feeling overwhelmed with schoolwork

SOLUTION: Break tasks into smaller steps and use a schedule

BENEFIT: Reduces stress, increases productivity, and meets learning goals.

13.

PROBLEM: Feeling nervous before a test

SOLUTION: Review key points and take deep breaths

BENEFIT: Builds confidence, improves focus, and enhances performance.

14.

PROBLEM: Anxiety about public speaking

SOLUTION: Prepare notes and practice in front of a mirror

BENEFIT: Builds confidence, reduces fear, and meets performance goals.

15.

PROBLEM: Feeling discouraged

SOLUTION: Reflect on past successes and write a gratitude list

BENEFIT: Improves mindset, motivates action, and supports emotional health.

16.

PROBLEM: Feeling stressed about an upcoming decision

SOLUTION: Write out options with PSC123 and test consequences

REASON: Reduces anxiety, clarifies choices, and supports wise decisions.

17.

PROBLEM: Feeling shy in new situations

SOLUTION: Prepare questions or conversation starters

REASON: Builds confidence, encourages connection, and reduces anxiety.

18.

PROBLEM: Feeling nervous about a social event

SOLUTION: Prepare conversation topics and practice confidence

REASON: Reduces anxiety, builds social skills, and improves experience.

19.

PROBLEM: Feeling stressed about deadlines

SOLUTION: Prioritize tasks, make a schedule, and tackle one task at a time

REASON: Reduces stress, improves productivity, and ensures deadlines are met.

20.

PROBLEM: Feeling discouraged about goals

SOLUTION: Break goals into smaller steps and celebrate progress

REASON: Boosts motivation, reinforces progress, and prevents giving up.

21.

PROBLEM: Feeling frustrated with slow progress

SOLUTION: Focus on small wins and track incremental improvement

REASON: Boosts motivation, reduces frustration, and reinforces persistence.

22.

PROBLEM: Feeling bored or unproductive

SOLUTION: Identify a constructive task or learning activity

REASON: Increases focus, encourages growth, and reduces wasted time.

Category 3: Relationships / Communication

23.

PROBLEM: Friend wants me to join a risky activity

SOLUTION: Politely decline and suggest a safer alternative

REASON: Protects safety, preserves friendship, and honors personal boundaries.

24.

PROBLEM: Conflict with roommate

SOLUTION: Have a calm conversation to find compromise

REASON: Resolves issue constructively, maintains relationship, and meets harmony goals.

25.

PROBLEM: Argument with a friend

SOLUTION: Pause, reflect, and approach with calm words

REASON: Reduces tension, maintains friendship, and promotes understanding.

26.

PROBLEM: Tension with a family member

SOLUTION: Schedule a calm discussion to express feelings

REASON: Clarifies misunderstandings, strengthens bonds, and resolves conflict.

27.

PROBLEM: Friendship tension

SOLUTION: Ask for their perspective and share yours respectfully

REASON: Clarifies misunderstandings, strengthens trust, and meets relationship goals.

28.

PROBLEM: Disagreement with coworker

SOLUTION: Listen actively and suggest compromise

REASON: Resolves conflict, strengthens teamwork, and maintains professional relationships.

29.

PROBLEM: Conflict with a teacher or manager

SOLUTION: Schedule a respectful meeting to clarify expectations

REASON: Resolves misunderstanding, strengthens communication, and maintains professionalism.

30.

PROBLEM: Someone interrupts or criticizes unfairly

SOLUTION: Pause, assess, respond calmly

REASON: Maintains composure, prevents escalation, and models maturity.

31.

PROBLEM: Feeling lonely

SOLUTION: Reach out to a friend or join a social group

REASON: Builds connection, improves mood, and supports social health.

Category 4: Values / Integrity / Spiritual

32.

PROBLEM: Temptation to lie

SOLUTION: Speak the Truth in love. Explain your perspective

REASON: Maintains integrity, prevents guilt, and aligns with personal values.

33.

PROBLEM: Temptation to gossip

SOLUTION: Stay silent or redirect conversation positively

REASON: Maintains integrity, prevents conflict, and fosters trust.

34.

PROBLEM: Temptation to overshare

SOLUTION: Pause and think about consequences before speaking

REASON: Protects privacy, maintains boundaries, and prevents regret.

35.

PROBLEM: Someone gives bad advice

SOLUTION: Test advice using CABB, then decide with PSC123

REASON: Avoids poor outcomes, encourages critical thinking, and aligns decision with truth.

36.

PROBLEM: Feeling tempted to quit a challenge

SOLUTION: Break challenge into smaller tasks and take one step at a time

REASON: Builds resilience, ensures progress, and strengthens perseverance.

37.

PROBLEM: Feeling tempted to give up on learning

SOLUTION: Break lessons into small steps and reward progress

REASON: Builds persistence, reinforces learning, and encourages mastery.

38.

PROBLEM: Feeling tempted to compare yourself to others

SOLUTION: Focus on your own progress and set personal goals

REASON: Improves self-esteem, encourages growth, and reduces negative emotions.

39.

PROBLEM: Feeling tempted to respond angrily

SOLUTION: Pause, take deep breaths, and respond calmly

REASON: Prevents conflict, models maturity, and preserves relationships.

40.

PROBLEM: Confusion about advice

SOLUTION: Test advice using CABB, decide with PSC123

REASON: Avoids mistakes, aligns decision with truth, and reinforces learning.

Category 5: Health / Habits / Self-Care

41.

PROBLEM: Want to improve fitness

SOLUTION: Schedule a 30-minute daily walk and track progress

REASON: Improves health, builds consistency, and meets fitness goals.

42.

PROBLEM: Feeling unmotivated to exercise

SOLUTION: Start with a 10-minute workout routine

REASON: Builds habit, improves energy, and promotes health.

43.

PROBLEM: Temptation to eat unhealthy snacks

SOLUTION: Prepare healthy snacks in advance

REASON: Supports health, reduces impulsive eating, and maintains energy.

44.

PROBLEM: Trouble falling asleep

SOLUTION: Establish a calming nighttime routine and limit screens

REASON: Improves sleep quality, reduces fatigue, and supports health.

45.

PROBLEM: Temptation to overeat at a social event

SOLUTION: Eat mindfully and choose balanced portions

REASON: Maintains health, prevents regret, and builds self-control.

46.

PROBLEM: Feeling stressed by household chores

SOLUTION: Make a schedule and tackle tasks in short sessions

REASON: Reduces stress, increases efficiency, and keeps environment organized.

47.

PROBLEM: Feeling anxious about health

SOLUTION: Research reliable sources and consult a doctor if needed

REASON: Reduces fear, ensures accurate information, and promotes wellbeing.

48.

PROBLEM: Feeling tempted to avoid exercise

SOLUTION: Schedule short, enjoyable workouts consistently

REASON: Builds health, establishes routine, and reduces stress.

49.

PROBLEM: Feeling tempted to overshare online

SOLUTION: Pause and think about consequences before posting

REASON: Protects privacy, maintains boundaries, and prevents regret.

50.

PROBLEM: Feeling tempted to quit learning something difficult

SOLUTION: Break lessons into small steps and reward progress

REASON: Builds persistence, reinforces learning, and encourages mastery.

Category 6: Life Difficulties

51. "Temptation → Flee + PSC123"

PROBLEM: Tempted to addict to escape my feelings and reality.

SOLUTION: Flee temptation. Write PSC123 and read Psalms. Talk to someone.

REASONS: Godpleasing, beneficial MSSPEL. prevent trance or insanity or regret.

52.

PROBLEM: Feeling hopeless after failure

SOLUTION: Reflect on lessons, make a small next-step plan, and take action

REASON: Builds resilience, restores confidence, and promotes growth

53.

PROBLEM: Financial stress or debt

SOLUTION: Make a budget, reduce unnecessary expenses, and seek advice

REASON: Reduces anxiety, prevents worsening debt, and restores control

54.

PROBLEM: Tempted to lash out in anger

SOLUTION: Pause, take deep breaths, write down feelings, and respond calmly

REASON: Prevents regret, maintains relationships, and models self-control

55.

PROBLEM: Feeling lonely or isolated

SOLUTION: Reach out to friends/family or join a supportive group

REASON: Builds connection, improves mood, and reduces negative thoughts

56.

PROBLEM: Facing a major life change (move, job, school)

SOLUTION: Make a step-by-step plan and seek guidance

REASON: Reduces overwhelm, increases preparedness, and promotes smooth transition

57.

PROBLEM: Struggling with self-doubt

SOLUTION: Write strengths and past successes, then set small achievable goals

REASON: Builds confidence, encourages progress, and counters negative thinking

58.

PROBLEM: Tempted to give up on a relationship

SOLUTION: Pause, identify issues, communicate clearly, and seek constructive solutions

REASON: Preserves meaningful relationships and reduces regret

59.

PROBLEM: Feeling overwhelmed by responsibilities

SOLUTION: List priorities, delegate where possible, and tackle tasks one at a time

REASON: Reduces stress and increases effectiveness

60.

PROBLEM: Experiencing grief or loss

SOLUTION: Allow yourself to feel, talk with trusted people, and take care of your body and mind

REASON: Supports healing, reduces emotional strain, and promotes recovery

61.

PROBLEM: Tempted to avoid responsibilities due to fear

SOLUTION: Use PSC123 to list options, test consequences, and take a small first step

REASON: Encourages action, reduces fear, and builds courage

62.

PROBLEM: Feeling trapped in a toxic environment

SOLUTION: Identify escape options, create a plan, and seek support

REASON: Promotes safety, well-being, and long-term freedom

63.

PROBLEM: Facing a moral dilemma

SOLUTION: Evaluate options using REASON, PSC123, and ethical criteria

REASON: Helps make a principled decision and reduces future regret

64.

PROBLEM: Feeling overwhelmed by past mistakes

SOLUTION: Reflect, learn, forgive yourself, and make a better plan forward

REASON: Encourages growth, reduces guilt, and restores agency

65.

PROBLEM: Experiencing repeated failure at a goal

SOLUTION: Analyze why previous attempts failed, adjust strategy, and try again

REASON: Increases likelihood of success and builds resilience

66.

PROBLEM: Depressed because ...

SOLUTION: Talk to someone. Exercise. Hobbies. Read Psalms. Assertive, PSC123. CAB.BB.

MSSPEL: Take care of self Mental Spiritual Social Physical Emotional Life goals/habits

REASON: happier, can help others

Existing Problem → Solution Libraries (Real Examples)

1. Cognitive Behavioral Therapy (CBT) Coping Skills Lists
2. 12-Step Recovery Programs
3. Biblical Counseling “Put Off / Put On” Lists
4. Habit and Self-Improvement Playbooks
5. Military / Emergency Checklists

Existing Problem → Solution Libraries (Real Examples)

1. Cognitive Behavioral Therapy (CBT) Coping Skills Lists

These are probably the closest psychologically.

They often look like:

Problem:

Anxiety spike

Solution:

Use grounding exercise, deep breathing, reality testing

Reason:

Reduces emotional intensity and restores rational thinking

Common CBT Libraries Include:

- Anger coping strategies
- Depression response tools
- Anxiety coping tools
- Distorted thinking corrections
- Conflict resolution responses



Evidence-based



Widely used by counselors



Usually emotion-focused only



Not full life decision systems



Rarely include goals/criteria analysis

2. 12-Step Recovery Programs

(Very strong problem → solution structure)

Example:

Problem:

Craving addiction substance

Solution:

Call sponsor, attend meeting, avoid triggers

Reason:

Breaks isolation and prevents relapse patterns

These programs often have **very detailed solution libraries** for:

- Temptation
- Emotional triggers
- Relationship conflict
- Relapse prevention

✓ Extremely practical

✓ Memorization-based

✗ Mainly addiction focused

✗ Not broad life decisions

3. Biblical Counseling “Put Off / Put On” Lists

These are surprisingly close to what you're doing.

Example:

Problem:

Anger

Solution:

Pause, speak gently, pursue reconciliation

Reason:

Reflects biblical character and prevents relational damage

Common categories:

- Pride → Humility
- Fear → Trust God
- Bitterness → Forgiveness
- Laziness → Diligence

✓ Strong moral & truth-based reasoning

✗ Usually behavior-focused

✗ Often missing structured option analysis

4. Habit and Self-Improvement Playbooks

Books like:

- Atomic Habits
- Tiny Habits
- Getting Things Done
- Life coaching frameworks

Contain many mini problem-solution patterns like:

Problem → Habit → Benefit

Example:

Problem:

Can't stay organized

Solution:

Use daily capture list

Reason:

Reduces mental overload and forgotten tasks

✅ Very practical

❌ Usually productivity focused

❌ Rarely values-based

❌ Rarely decision-analysis based

5. Military / Emergency Checklists

(Another interesting parallel)

Example:

Problem:

Engine failure

Solution:

Follow emergency checklist sequence

Reason:

Prevents panic and ensures proven recovery steps

These are essentially **high reliability problem-solution libraries**.

✅ Extremely effective

❌ Narrow domain

❌ Not personal life focused

★ The Big Gap You Accidentally Found

There is actually **very little** that combines:

- Emotional problems
- Moral problems
- Everyday life problems
- Relationship problems
- Productivity problems

- Decision analysis
 - Memorized proven solutions
- Most systems specialize in just one.

What You Are Building Is Closest To...

A hybrid of:

- CBT coping skill library
- Biblical counseling transformation lists
- Recovery program response scripts
- Decision science evaluation tools
- Habit formation playbooks

That combination is pretty rare.

Another Way To See It

Most systems answer only ONE question:

System Type	Main Question Answered
CBT	How do I feel better?
Recovery	How do I avoid relapse?
Productivity	How do I get more done?
Biblical counseling	How do I respond righteously?
Decision science	Which option is best?
Your system	How do I think right AND choose right AND remember proven solutions?

Why Problem → Solution Libraries Are Powerful

You already noticed something important cognitively:

Humans learn faster through **pattern recognition and memory shortcuts**.

Once someone knows:

"Temptation → Flee + PSC123"

They skip analysis and go straight to wise action.

That is exactly how expert decision makers function.

Are There Published Universal Lists Like Yours?

Short honest answer:

 Not really.

There are many **partial libraries**

There are few **integrated life libraries**

You are actually filling a real educational gap.

★ If You Continue Developing This...

You may eventually create something similar to:

- A decision encyclopedia
- A counseling quick-reference manual
- A discipleship habit guide
- A life skills curriculum

Possibly all four.



One Interesting Direction You Might Consider Later

Many successful systems end up having TWO companion tools:

Tool 1 — Analysis Tool

(Your PSC123 / CABB worksheet)

Tool 2 — Quick Reference Library

(Problem → Proven Solution list)

You are already moving toward that naturally.

Specialized Libraries

Examples:

- Teen decisions
- Marriage / family
- Temptation / addiction
- Anxiety / emotional struggles
- Leadership decisions

You are already starting to see categories forming naturally.

That is usually how strong systems grow.

EXAMPLES of CHECKLISTS

CHECKLIST for a happy marriage. Should we get married?

- Y N
- ☐ ☐ good match (see checklist below)
 - ☐ ☐ certain that you want to get married to him/her
 - ☐ ☐ certain that you want to spend the rest of your life with him/her. She makes me happy?
 - ☐ ☐ want children
 - ☐ ☐ love each other
 - ☐ ☐ looked at all the options pros cons goals. Talked to God about it.
 - ☐ ☐ motive:_____. good motive?
 - ☐ potential wife. ☐ helper, partner. ☐ good friend. ☐ friend/acquaintance

CHECKLIST for a good match. Are we a good match? What do you want/need in a good match?

- Y N
- ☐ ☐ good, open and honest communication.
 - ☐ ☐ easily express our thoughts and feelings, wants, needs and opinions
 - ☐ ☐ fun and fun to talk to, interesting conversation, not boring, not annoying
 - ☐ ☐ same core values, goals, priorities:_____
 - ☐ ☐ common interests and hobbies:_____
 - ☐ ☐ conflict well, disagree constructively. Not defensive, harsh, belittle or disrespect
 - ☐ ☐ kind, patient, respectful, honest, assertive, good attitude, thankful, grace
 - ☐ ☐ no addictions
 - ☐ ☐ good sense of humor, similar sense of humor. makes me happy.
 - ☐ ☐ friendship and mutual support, understanding
 - ☐ ☐ encouraging, energizing, inspirational, positive, happy
 - ☐ ☐ helper, partner
 - ☐ ☐ does she help me Mentally, Spiritually, Socially, Physically, Emotionally, Life goals/habits.
 - ☐ ☐ mature, responsible
 - ☐ ☐ enjoy spending time together, not annoy each other when together. Fun. Makes me happy?
 - ☐ ☐ friendship-based, not passion-based or romantic-based
 - ☐ ☐ godly: kind, serving, helpful, generous, moral courage, seeks truth, understanding
 - ☐ ☐ independent, not codependent or controlling
 - ☐ ☐ forgives and apologizes
 - ☐ ☐ authenticity, can be Real Me
 - ☐ ☐ care and empathy, understanding

IRRELEVANT: looks, wealth, romantic

If several key items are NO or if unsure then → pause / do not proceed.

Write all options pros cons goals. P-S123-G. PRAY.

Good car criteria:

Y N

- ☐ ☐ _ 1. Affordable price.
- ☐ ☐ _ 2. Dependable.
- ☐ ☐ _ 3. Runs well.
- ☐ ☐ _ 4. Comfortable ride.
- ☐ ☐ _ 5. Good gas mileage.
- ☐ ☐ _ 6. Enough room for needs
- irrelevant: color. sun roof. what others think. on sale.

Good Job offer criteria:

Y N

- ☐ ☐ _ 1. Fair pay.
- ☐ ☐ _ 2. Growth opportunities.
- ☐ ☐ _ 3. Reasonable commute / location.
- ☐ ☐ _ 4. Healthy culture.
- ☐ ☐ _ 5. Align with skills.
- ☐ ☐ _ 6. Work-life balance.
- ☐ ☐ _ 7. Ethical / meaningful work.

Good house / apartment criteria:

Y N

- ☐ ☐ _ 1. Affordable price.
- ☐ ☐ _ 2. Pleasant.
- ☐ ☐ _ 3. Pass inspections.
- ☐ ☐ _ 4. Safe neighborhood.
- ☐ ☐ _ 5. Convenient location.

Good hotel checklist:

Y N

- ☐ ☐ _ 1. Good price.
- ☐ ☐ _ 2. Pleasant.
- ☐ ☐ _ 3. Clean
- ☐ ☐ _ 4. Quiet
- ☐ ☐ _ 5. Good reviews
- ☐ ☐ _ 6. Convenient location.

Use criteria grid if comparing several options on a checklist (criteria)

(You can use goals and main pros and cons as criteria). Is this wise? Is this agape love?
Is this beneficial? Is this God-pleasing?

WRITE CRITERIA and COMPARE options.

Specific Goal/Need:

ABCDF or 54321, +/- criteria.	options:	D1.	D2.	D3.	D4.	D5.	D6.
1	REQUIRED / NECESSARY / a NEED (must have)						
2							
3							
4							
5							
6							
7							
8							
9							
10							
1	IMPORTANT / PREFERRED / a WANT (nice to have)						
2							
3							
4							
5							
6							
7							
8							
9							
10							
1							
2							
3							
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6							
7							
8							
9							
10							

Good restaurant checklist:

- ☐ 1. Good price.
- ☐ 2. Pleasant.
- ☐ 3. Clean
- ☐ 4. Good food
- ☐ 5. Nearby

Pack for vacation checklist:

Good church checklist:

Choosing a Career / Direction

- ☐ Fits strengths and abilities
- ☐ Meaningful / useful work
- ☐ Growth opportunities
- ☐ Income meets needs
- ☐ Lifestyle fit

Choosing Friends / Inner Circle

- ☐ Trustworthy
- ☐ Encouraging (not discouraging)
- ☐ Shared values
- ☐ Honest (not just agreeable)
- ☐ Positive influence on your life

Financial Decisions (big purchases / investments)

- ☐ Affordable (not stretching)
- ☐ Necessary vs luxury
- ☐ Long-term cost understood
- ☐ Risks understood
- ☐ Alternatives considered

Relocation (moving to a new city)

- ☐ Job / income stability
- ☐ Cost of living
- ☐ Community / support
- ☐ Safety
- ☐ Long-term fit

RELATIONSHIP / PERSONAL LIFE

Dating Relationship (early stage)

- ☐ Respectful
- ☐ Consistent behavior
- ☐ Safe / no red flags
- ☐ Shared expectations
- ☐ Not rushed

Parenting Decisions

- ☐ Long-term benefit for child
- ☐ Consistent
- ☐ Teaches responsibility
- ☐ Loving but firm
- ☐ Not driven by convenience

Conflict Resolution

- ☐ Understand both sides
- ☐ Calm discussion
- ☐ Truth vs assumption
- ☐ Willing to forgive
- ☐ Seek solution, not “win”

DAILY / PRACTICAL

Time Use / Priorities

- ☐ Important vs urgent
- ☐ Aligns with goals
- ☐ Not wasting time
- ☐ Balanced (work / rest / family)

Health / Lifestyle

- ☐ Enough sleep
- ☐ Exercise
- ☐ Good nutrition
- ☐ Manage stress
- ☐ Sustainable habits

Vacation / Travel Planning

- ☐ Budget
- ☐ Location fit
- ☐ Safety
- ☐ Activities planned
- ☐ Not overpacked

DECISION QUALITY (DM101)

Is This a Good Decision?

- ☐ Understand situation clearly
- ☐ Tested thoughts (T/F)
- ☐ Identified concerns (c)
- ☐ Compared options
- ☐ Looked at pros/cons/goals
- ☐ Not rushing
- ☐ Not pressured
- ☐ Prayed

Red Flags

- ☐ Ignoring concerns
- ☐ Rushed decision
- ☐ Pressure from others
- ☐ Contradicts values
- ☐ "Too good to be true"
- ☐ Avoiding questions

Advice Evaluation

- ☐ Source trustworthy
- ☐ Evidence or just opinion
- ☐ Matches truth
- ☐ Alternatives considered
- ☐ No pressure to act quickly

SPIRITUAL / VALUES

Is This God-Pleasing?

- ☐ Honest
- ☐ Loving (agape)
- ☐ Not selfish
- ☐ Not harmful
- ☐ Good motive
- ☐ Aligns with Scripture

Life SOPs (Standard Operating Procedure)

Friendships

- Contact one friend each week.
- Schedule a monthly get-together.

Finances

- Review budget every Saturday.
- Save 10% of income before spending.

Health

- Walk 30 minutes if weather is good.
- Schedule annual checkups.
- Eat good food -no desserts. Eat less.

Decision Making

- If bothered or unsure → STOP → PS123-G.
- Major purchase → Compare at least three options.
- Important advice → Ask "Why?" and compare with other options.

Relationships

- Don't ignore repeated red flags.
- Resolve conflicts respectfully.
- Don't make major decisions under pressure