

# My Ecology Check

**Why?** Have you ever made a decision that was too quick? Did you ever not “count the cost”?

Some consequences of decision-making may be hidden from our own awareness.

An ecology check can bring up hidden benefits and limits of a decision. We can strategically reflect on our decisions before we make them (or choose not to make them). This pre-work decreases our “post-decisional dissonance” (also known as “Yikes, what have I done?!”).

“Ecology” looks at relationships between us and our environment. Using an “ecology check” means looking at how this will impact us and those around us.

**What?** Use this when you want to make a decision.

- Do I want to buy this car?
- Do I want to change this response to other people?

**How:** 1. Answer these five questions as best as can.

Hint: Change “getting this” if these words do not fit. Make the words fit what you are deciding.

2. See which answers are most surprising.
3. Understand which ones are most important.
4. Make your decision with a greater awareness of the impact. Life is surprising!

	Getting this <input checked="" type="checkbox"/>	Not Getting this <input type="checkbox"/>
<i>Will happen</i>	What <b>will</b> happen if I <b>do get</b> this? <input checked="" type="checkbox"/>	What <b>will</b> happen if I <b>do not get</b> this? <input type="checkbox"/>
<i>Will not happen</i>	What <b>won't</b> happen if I <b>do get</b> this? <input checked="" type="checkbox"/>	What <b>won't</b> happen if I <b>do not get</b> this? <input type="checkbox"/>
<p>And then the tricky question where some other hidden pieces may pop up:</p> <p>☛ What won't <b>NOT happen</b> if I <b>don't</b> get this? (If this is too tricky, just leave it blank!)</p>		