

Use the 30-Second Decision Check.

A short discipline for creating room for judgement when the moment is moving fast.

A micro-pause is not indecision. It is room for judgement.

1 WHAT IS ACTUALLY HAPPENING?

Separate the observed facts from the story you are already telling about them.

2 WHAT MATTERS MOST RIGHT NOW?

Safety? Continuity? Trust? Time? Evidence? Name the immediate priority.

3 WHAT DOESN'T FIT?

Look deliberately for one cue that challenges your first interpretation.

4 WHO KNOWS SOMETHING I DON'T?

Ask before announcing your preferred answer whenever the moment allows.

5 WHAT MUST BE DECIDED NOW?

Do not turn one urgent decision into six unnecessary decisions. Name what can wait.

6 WHAT WILL TELL US TO CHANGE COURSE?

Decide what you will monitor after action begins. Reassess as new information emerges.

AFTER THE MOMENT

Ask: What did we notice first? What assumption shaped the decision? What information arrived too late? Who had information we needed? What should become easier next time?

Real-time judgement improves when experience becomes reflected experience.