



The Litmus Test¹ and the Decision Matrix²



The Litmus Test

Ask yourself these questions:

- **Is the thought or belief a true fact?**
Remembering that a fact is different to an opinion.
- **Does the thought or belief serve your best interest?**
Is your best interest served when you prioritise this matter?
- **Does the thought or belief protect and prolong your health?**
Does making this matter a priority compromise your health in any way?
- **Does this thought or belief get you what you want?**
Is this behaviour working for you?

The Decision Matrix

Is this matter.....

Quadrant I Important & Urgent	Quadrant II Important and Not Urgent
Quadrant III Urgent & Not Urgent	Quadrant IV Not Important & Not Urgent

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¹ Source: Adapted from page 21-22 "Real Life – Preparing for the 7 Most Challenging Days of Your Life" (2008) by Dr Phil McGraw. Simon & Schuster: New York NY. (Printed and bound in Australia by Griffin Press).

² Adapted from pages 156-177 "The Happiness Handbook: Strategies for a Happy Life" By Dr Timothy Sharp (2007): Finch Publishing