

PRACTICAL EXERCISE

The Decision Audit Exercise

Identify. Trace. Reframe. Compare.

HOW TO USE THIS WORKSHEET

This is a fillable PDF — type directly into the fields on each page. It works alongside the Module 2 video and the Companion Guide, and takes about 10–15 minutes to complete for one real decision.

1. Identify a decision you made quickly in response to data.
2. Trace what actually happened against the Decision Loop.
3. Reframe by naming the stage that got skipped or rushed.
4. Compare: rewrite it properly and note one rule for next time.

1

Step 1 — Identify

PICK A RECENT DECISION MADE QUICKLY IN RESPONSE TO A DATA POINT

Choose a decision with real stakes — a metric change, a report, a dashboard alert you reacted to. Not a hypothetical one.

REMINDER — THE DECISION LOOP

Signal — the raw input. Filter — checking for bias and noise.

Frame — the mental model applied. Decide — the action, with reasoning made explicit.

Describe the decision, and what data point triggered it

2

Step 2 — Trace

MAP WHAT ACTUALLY HAPPENED AGAINST THE FOUR STAGES

Answer each question honestly, based on what really happened — not what should have happened.

Signal

What was the raw number or input?

Filter

Did you check for bias, noise, or a small sample size — or skip straight to interpreting?

Frame

What mental model did you apply — and was it named explicitly, or just assumed?

Decide

What action did you take, and could someone else reconstruct your reasoning from it today?

3

Step 3 — Reframe

IDENTIFY WHICH STAGE GOT SKIPPED OR RUSHED

Most reactive decisions jump straight from Signal to Decide. Check any stage that was skipped or rushed.

☐**Signal Taken at Face Value**

The number was acted on directly, without asking whether it was significant or normal variance.

☐**Filter Skipped**

No check for bias, noise, or sample size before interpreting the signal.

☐**Frame Left Unnamed**

A mental model was used, but never made explicit — just assumed.

☐**Decide Rushed**

The action was taken before the reasoning behind it could be written down or explained.

Notes — which stage got skipped, and why does it matter here?

4

Step 4 — Compare

REWRITE THE DECISION AS IT SHOULD HAVE GONE THROUGH ALL FOUR STAGES

Using Signal, Filter, Frame, and Decide, rewrite the decision as it should have gone — the way you'd defend it today.

Decision, rewritten through all four stages

ONE PERSONAL RULE FOR NEXT TIME