

## Stepping up to Consultant - Decision-Making Workout Plan

This printable resource is designed to help you deliberately strengthen your clinical decision-making skills over time. It's structured like a fitness plan — because confidence and clarity come from consistent reps, not just experience. You will use a combination of weekly challenges, decision log, confidence tracking and debriefing.

### Weekly Challenges (4-week cycle)

Each week includes a challenge to stretch your decision-making comfort zone:

Week	Challenge	Purpose
1	Make a clinical decision without double-checking (when safe)	Build trust in your own judgment
2	Debrief a tough decision with a peer or mentor	Normalize reflection and feedback
3	Document a decision you deferred — and why	Explore boundaries and escalation
4	Review a past decision that didn't go well	Learn from missteps without shame

### Decision Log Template

It is useful to keep a record of your decision making. This helps you identify where you can improve, documents your progress and is also an important tool as a doctor to make a habit of keeping a work diary.

Below are suggested prompts to use this to track and reflect on key decisions:

Situation: [Brief clinical context]

Reasoning: [What led to your decision?]

Evidence used: [Guidelines, experience, advice]

Outcome: [What happened?]

Reflection: [What did you learn? What would you do differently?]

### Confidence Tracker

In a separate table or graph, rate your confidence before and after each decision (scale of 1–10). Over time, this helps visualize growth and identify patterns.

### **Debrief Prompts for feedback**

Use these in supervision, peer discussions or self-reflection:

- “What was the hardest part of making that decision?”
- “What would you do if you had to make this decision again tomorrow?”
- “Did anything surprise you about the outcome of the decision you made?”