

The Four Fs

A simple tool for making tough decisions

Big family decisions can feel overwhelming. This framework helps you think clearly and make a choice, rather than waiting and letting the decision make itself.

Step 1

Frame the Question

Start by being clear about what you're asking. A specific question helps you find a specific answer.

"What kind of school is best?" **Too vague!**

"Should we send our child to School A or School B?" **Just right!** ✓

Step 2

Fact-Find

Now it's time to gather information. Learn everything you can about your options.

- What are the pros and cons?
- What does the data say?
- How would this actually work in your life?

Step 3

Final Decision

Once you've got the facts, set a time to decide. Hold a family meeting and make the choice.

This may sound simple, but most people end up circling back again and again. Let the decision take up a lot of headspace in a single moment, decide, and move on.

Step 4

Follow Up

After you make a decision, plan a time to check in and see how it's going. If things are working well, great! If not, it's better to rethink it sooner rather than later. A lot of people skip this step, but it's one of the most important!