



Steady Decision-Making Tools

IM SAFE Checklist

A self-check for decision readiness under pressure.

- Illness (*Symptoms, sickness, weakness*)
- Medication (*Side effects, alertness, prescriptions*)
- Stress (*Overwhelm, pressure, anxiety*)
- Alcohol (*Impaired judgment, recent use*)
- Fatigue (*Tiredness, sleep, exhaustion*)
- Eating/Emotion (*Hunger, mood swings, upset*)

If two or more are marked, consider delaying the decision or taking a break to reset.

S.T.E.A.D.Y. Framework

A calm-thinking tool for both daily decisions and survival scenarios.

- Scan (*Check, assess, observe*)
 - Triage (*Prioritize, sort, urgent vs later*)
 - Evaluate (*Think, weigh, compare*)
 - Act (*Decide, do, execute*)
 - Debrief (*Reflect, review, learn*)
 - Yield (*Flex, adapt, shift*)
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Post This Where You Pause

Keep this checklist in your kitchen, vehicle, emergency binder, or bug-out bag for quick reference. Use it to train calm decision-making when it matters most.