

Long-Horizon Decision Framework

A simple structure for clearer, more resilient decisions

The Long Horizon Framework

Use this framework whenever a goal feels stuck, overwhelming, or unclear. Revisit it every few months on your most important long-horizon aims.

1. Name the Core Aim

What is the simplest, clearest version of what you're actually trying to achieve?

2. Surface the Real Texture

What are the genuine time, energy, identity, relational, and emotional costs likely to be?

3. Check for Hidden Inflation

Have you added extra requirements or conditions that are making this harder than it needs to be?

4. Test the Update Muscle

If new information arrived tomorrow that challenged your current plan, how easily could you revise it?

5. Design for Sustainability

What recovery rhythms, support structures, or boundaries would make this path more sustainable?

6. Choose the Next Concrete Step

What is the smallest meaningful action you can take in the next 7–14 days?