The word of the week is

 Contemplate

**It means**: to think about carefully, to ponder

**Used in a sentence:**

We contemplated our choices for lunch and decided on pizza.

By contemplating the situation, I was able to make a better choice for everyone involved.

I am contemplating painting all the walls in my room pink – what do you think!

Sometimes I just like to sit by myself and contemplate my day.

Do not contemplate doing something you know is wrong – put it out of your mind immediately.