

DECIDING WITH PURPOSE



Why is the inevitable task of making decisions, such a difficult choice? Is it because there is an absolute fear of making the wrong decision and then having to deal with the consequences – the dreaded ‘what ifs’ and ‘if onlys’? Because there are no hard and fast rules for making decisions, this task can be very overwhelming.

For some of us, making a decision is a frightening concept as you are committing to something definite - and what if it's the ‘wrong’ decision? Some people postpone decision-making by endlessly searching for more information or by gathering input and advice from others. In all decision-making there is usually some degree of uncertainty, which inevitably leads to risk. But by evaluating the risk involved with various options you can determine whether the risk is manageable or not. Regardless of how much research and effort is put into making a decision, there has to be an acceptance that some decisions will not always be the best possible choice at the time.

The reality is, there are no failures in life – only feedback. Once you make a committed decision it shapes your destiny, and your life changes. The great thing is that you have a choice on how to respond to the feedback. According to Tony Robbins, “Making a true decision means committing to achieving a result and then cutting yourself from any other possibilities”. Ultimately, it is about having the willingness to take action and to create the desired results. If you haven't taken any action you haven't truly made a decision.

Our brains are continually in the process

of making decisions. This internal system directs your thoughts, actions and feelings every single moment of your life. By only changing one of these operating systems you can create the opportunity for massive action and measurable change.

To decide with purpose, it is usually helpful to structure your decision-making. This will help to:

- reduce stress and overwhelm.
- reduce more complicated decisions to smaller steps
- give you a clearer outcome of what you want.
- make you aware of possible obstacles
- create a support system

All the above will help to alleviate the pressure that you may feel around making the ‘correct’ decision. A decision made is better than no decision made at all.

What structure do you need? Here are a few possible questions that you could ask yourself.

- What will this decision give me once I have made it?
- What won't it give me when I make this decision?
- What will happen if I don't make this decision?
- What won't happen if I don't make this decision?

These pertinent questions can help you evaluate the situation and clarify WHY this decision is so important to you. Furthermore, your answers to these questions will serve to guide you and eliminate the pressure that you feel around making the “right” decision.

When making a decision:

- Pretend you are advising a friend, or ask yourself, “What advice would my best friend give me?”
- Engage in quality, but limited research. This generates less overwhelm.
- Be okay with stepping out of your comfort zone. There are always several options.
- Make smaller decisions quickly.
- Throw in a new option if you find you have too many options to choose from.

There are also other schools of thought that suggest saying YES to a challenge and then figuring out the ‘How’. In many instances this can work as there are always several solutions to a problem. If you establish strong foundations for decision-making, generate good alternatives, evaluate these alternatives rigorously, and then check your decision-making process, you will inevitably improve the quality of your decisions. Don't allow your decisions to influence you; rather take back control and have influence over your decisions. If you have that mindset, then the world is your oyster.

Begin by creating a whole new mindset about purposeful decision-making and observe how things around you will start changing. Not all decisions are easy to make, but with a little more insight you will have the ability to diminish the pressure around making decisions.

“Good decisions come from experience. Experience comes from making bad decisions” Mark Twain.

Testimonial

Karen is a phenomenal coach I have enjoyed every one of our sessions together. I love that she can bring fun, playfulness, empathy and so much more she always plays at 100% and at the same time is not shy to call me on my shit. Karen's approach is a breath of fresh air every session I have walked away with a new way of thinking fabulous insights and at least 4-5 things I can action to create the change I want. From the bottom of my heart thank you so much I would recommend her services to anyone

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By Karen Singery

Karen Singery is a Transitional Coach who is furthering her studies at The Coaching Institute in Australia. She founded her business Pathways Unlimited and specialises in assisting people who are experiencing or wanting change in their lives, career, wealth, health or relationships. Karen is passionate about helping people to empower themselves, to explore new paths and develop new supporting goals. As a result of this her clients ultimately have clarity, direction and a new lease on life. She has coached clients in the USA, New Zealand, South Africa, UK and Australia. Karen can be reached on pathwaysunlimited@gmail.com or via her website www.pathwaysunlimited.com.au