

By

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Decisions, Decisions

Have trouble making decisions?

Do you make a decision ... and then change your mind?

Are you always second-guessing yourself?

Do you feel like the stakes are much higher than they actually are?

Feel like you fail when it comes to making decisions - try this Decisions, Decisions Tool!

Exercise:

- Make a list of decisions you have made and stuck to
- How did they work out?
- What happened?
- Calculate approximately how many decisions you make every day.
- Is there such a thing as a “wrong” decision?
- Are decisions neither “good” nor “bad”, but just decisions you make at the time with the knowledge and awareness you had?
- If there is such a thing as a “wrong” decision, what happens if you make one? Do you learn?
- Does beating yourself up help in any way?
- Try saying “next time I will...” rather than “if only I had...”
- Is making a decision really such a big deal?

If you find that you really struggle with making decisions after practising this exercise a few times then there is something deeper going on within your subconscious that needs to be addressed.

