

# 7 Steps to Better BIG DECISIONS



## Use your Head & Heart

Decision-making requires both logic and emotion. Ask yourself, "Does this make sense for me?" and "Does it feel right?"



## Beware Decision Fatigue

When you need to make a big decision, routinize the small ones. Stay with your current workout schedule and daily routines.



## Clarify your Priorities

Think about the values that are going to be impacted by your decision. Be clear about what is non-negotiable.



## Quickly List Choices

Working fast makes you less likely to lock in on your first choice and compare all others to it. Multiple options open up the possibilities.



## Cool & Consider

Sleep on your decision. Consider how you will feel about your decision a year from now. Consider whether there is a way to trial run your decision.



## Collect Information

Ask family and friends as long as you don't feel pressured to take their advice. Books and the Internet let you learn from others who have been in a similar situation.



## Commit

Commit enthusiastically to your decision, monitor how it goes over time, and remember that you are rarely stuck if things don't turn out as you'd hoped. Life gives us many opportunities to make new decisions

