Not to Decide… is to Decide

By Peggy Grall, The Change Coach

We seem to make decisions the way we live the rest of our lives; the bold often making quick, brave choices that launch them on their way, while the timid wait, test and ponder. Some people are content to work with a problem forever – never working through it.

Some want things to change, but don’t want to change things. While others consider the options, take a deep breath and jump in. Whatever style you are leaning towards there are four components of powerful, life changing decisions:

• **What** is the decision before you? Are you deciding between two courses of action? Is the decision to do something or to stop doing what you’ve been doing? Is this decision yours to make? Clarity is King. Getting clear about exactly what the choices before you are, can help you make up your mind.

• **How** will you make this decision? Will you consult others, flip a coin, make an exhaustive pro/con list or wait for fate to make it for you? The method should match the weight of the decision. If it’s a choice between two restaurants, a coin toss will do. But, if it’s your career or marriage at stake, then consulting with people you trust and gathering relevant information is smart.

• **When** will you decide? Time limit the decision making process if you’re a procrastinator. For you knee-jerk decision makers, take time to weigh carefully the consequences of your decisions – it could just save you time, money and grief later.

• **Who** can help you? Sound decisions are rarely made in a vacuum. Whose judgment do you trust, and who will tell you the truth - even if it hurts to hear it?

Coaches can be great allies in helping people move through the process of making, and then acting on, their decisions. Are there decisions that need to be made in your life? Check out coaching, you just may find the kind of decision making help you’re looking for.