

Making Decisions

Hey everybody good, ah... Let's see I'm looking at my time. Good afternoon! And a happy, happy day.

I wanted to do a quick talk about decisions, making decisions. It has been coming up quite a bit lately with the people I work with. Not only people I work with but also in my own life, so I wanted to pause and *decide* to come in here and spend a couple minutes on decisions. Decisions are important. We talk about bending time, and we talk about having time, and we talk about the joy in the journey -- all these different pieces -- alignment and often one of the obstacles to those things is

indecision, is being on the fence, is waiting.

It's kind of like we put our life on pause when there is a decision to be made, and we put it off, whether consciously or unconsciously because we can do both of them. But, really, as if there was one, one of the few muscles to really focus on strengthening over the next year or in general, decision making would be one.

The word decision actually comes from a Latin word (which all of our words come from!)

I'm not going to try to pronounce it, but it essentially means to cut, and what it means is when we decide something we move forward we take an action we you know before we make a decision usually there are a couple different ways we could go, or there are different opportunities laid out before us and to make a decision is to choose one and cut ties with the other ones.

This is why often we do not make decisions because we are afraid of the actual cutting the tie piece and this is where we get stuck. We get stuck in looking at the buffet with our empty plate -- and just looking at the buffet. You know, we got to eat, and we can't eat the whole buffet. So we pick, we pick and just because we couldn't have the bread pudding, Oh well. Now I know that, but it's not always that easy. But really that is the process. We do know how to make decisions.

We do make them and the more we make them consciously it really, creates momentum, it creates opportunity, it gives time -- all these great things.

Another piece is that we actually have a finite amount of energy each day to make conscious decisions.

You can call it willpower. There are that neuroscience studies, there are different studies that show that we do not have infinite amounts of energy to make conscious decisions.

So what happens towards the end of the day or even in the morning if we've got a lot of different decisions in our mind, we just run out of steam or we begin making unconscious decisions we begin



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making decisions based out of rushing, based out of "I have to", based out of fear, based out of anger, and these decisions in reaction are not conscious decisions.

So the more we can make conscious decisions -- again it's this is all about alignment. So we have a finite amount of time. Is that bad news. No. Is it good news? It can be, because we can use that. We can use that information that if I have a finite amount of energy to make conscious decisions each day then the more I make decisions and lay that out then I'm not in this whole "should I? shouldn't I?" This is the energy suck right there. Should I/ shouldn't I?

Which one? Maybe I need to ask more people? blah blah blah blah.

That is the energy suck that takes us out of the ability to make conscious decision. So I'm going to give you an example. I'll use a real easy example. I have a goal of having two family vacations this year. OK. So, I can have that goal sitting here and I can read it all the time. And I can keep reading it. And you know what's going on in my mind. Huh, I wonder when we should go? where should we go? what are we going to do? Wow I better get something on the calendar. Oh my goodness it's already August and I haven't done that.

All these conversations, right? Instead, we already have one scheduled and were deciding on the other one for this year. Because then it goes on the calendar, and then it's not... I'm not adding that to the conveyor belt of my decisions to be made. And you can apply that to anything. So take a look. You can start to notice where you put decisions off. "Oh I need more information there..." There are valid times where you do need more information and you can decide that too. So anyway, there is an example.

Another tool about making conscious decisions. I kind of touched on the already, meaning taking a look at where your decision is coming from. This one is super important as you hone and strengthen your decision -- your conscious decision making muscle. You can even take a look at where you come from in a lot of your decisions. Do you tend to decide under pressure? Do you tend to wait to last minute? Do you tend to ask others to decide for you? Do you tend to make decisions out of fear? Do you tend to make decisions in anger? Do you tend to make decisions in reaction?

Are you focused on reaction or are you responding?. And one of the simple tools in making a decision, is when you have a decision to make is to take a couple deep breaths. Enjoy that you have a decision to make, and give yourself a little bit of space to consciously make a conscious decision. Because your heart is probably -- it's not probably -- your heart is your best indicator.

There is an interesting book. I'll just throw it out here because this popped in my mind.



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There's an interesting book it's called Blink if you might have already heard me say this but it's called Blink by Malcolm Gladwell and it's actually some really interesting studies. It's an easy read. It might sound a little heady, but it's pretty easy read about how our bodies are way more intuitive, way smarter, way more, just way more both of those, than our mind. And so when you're gonna make a decision how about you check in -- fully check in.

A really good way to do that is just (take a deep breath) get yourself out of reaction.

So that's what I have. I'm checking I wrote a couple words down here. That's why I keep looking down. I decided to have some notes. So anyway that's what I've got on decisions. I hope this was helpful. I would love to hear feedback and have a fabulous fabulous day!

- Carri Adcock

