



7 WAYS

to make

GOOD CHOICES

We're all confronted by countless choices each day. Some have minimal consequences while other decisions can be life changing. And while some of these choices may impact our lives today, other choices may not affect us for years to come. The important thing to remember is that your life is determined by the sum of the choices that YOU make every day. Making good choices begins with taking charge of the decision-making process.

Manage the big stuff. It's very easy to get sidetracked by insignificant issues in life. If you spend a lot of time on trivial stuff, you won't have time to contemplate things that matter.

Values matter. Make decisions that are consistent with your core beliefs and values. The alternative invariably leads to regret.

Learn from the past. Learn from your experiences and the experiences of others. Identify situations where you've had a similar choice in the past. How can you apply those lessons learned to the existing situation?

Know what you know and what you don't know. Don't try to be an expert in everything. Seek input and advice when variables lie outside your comfort zone.

Keep the right perspective. View an issue from every vantage point. What do the facts say? What is your intuition telling you? Is your conscience trying to tell you something? Listen up.

Don't procrastinate. You'll rarely have all the information that you need to make a "perfect" decision. So don't demand perfection.

Once you make a decision, don't look back, make it work. Don't second-guess yourself. You can't relive the past. It's a waste of valuable time and energy.