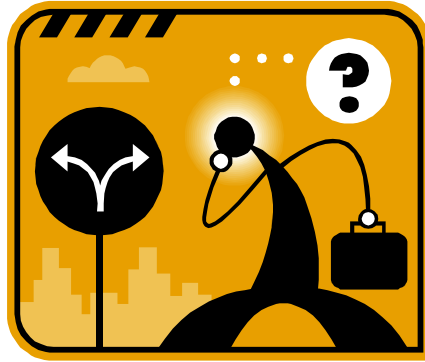


**Decisions Decisions**

**Robin J Newman**

## Decisions Decisions



**L**ife is full of moments in which choices have to be made. Some are big some are small but all come with consequences. The trick is to learn how to make decisions which do not come back to haunt you as regrets.

**M**ost people think it is only the big choices like getting married, what career to pursue and whether to have babies which require the most attention. But the reality is every choice will impact your life and every moment will be filled with decisions which will ultimately determine your quality of life.

**D**ecisions about relationships, family, work, social activities, health, spirituality and so forth. The ability to make an informed, confident decision which will impact our lives as positively as possible is a life skill we need to cultivate.

**Y**ou might be thinking this is a skill all about logic and commonsense and in part it is but it is also connected to the ability to trust our own inner guidance and intuition.

## What type of decision maker am I?



**The ‘you tell me what to do’ cop out:**

This person will ask anyone and everyone “what would you do?” This way when things turn out badly they can go back and say it wasn’t my fault she/he told me to do it that way. Psychics get this all the time “tell me what to do” but it is nothing more than a way to avoid taking responsibility for our own life choices.

**The ‘oh my God I must make a decision right now’ freak out:**

This person usually makes all of his/her decisions based on what emotion they happen to be feeling at the time. Chances are good they get stressed and anxious when faced with any life situation which requires them to think quickly or when they are being pressured by others.

**The ‘I don’t care lets just get it over with’ time management nut:**

This person doesn’t have time to mull things over or wait around for answers. They have already moved on to the next life crisis and simply want resolution anyway they can get it.

**The ‘make it go away I don’t want to deal with it’ self doubting Thomas:**

This person doesn’t trust their own judgment or intuition. They will use any trick in the book to get out of making a decision. Often deferring or putting off things for as long as possible hoping they will resolve themselves.

## Top 5 Mistakes



1. **Operating from your emotional self:** Hands up all the people who have made horrible decisions when they have been tired, stressed out, anxious, sad, scared and so on. Emotions tend to make us unbalanced, they have a habit of distorting reality and they also make us blind to the things we don't want to see.
2. **Getting other people involved:** Gathering resources is one thing bringing people in to help make the decision with you quite another. In our personal lives no one knows us or what we want better than us. Relying too heavily on the advice or opinions of others can lead to choices which reflect the expectations others have for us rather than our own preferences.
3. **Not allowing time for reflection:** Most choices do not need to be made on the spot. Putting yourself under pressure to come up with decisions within unrealistic time frames is likely to lead to regrets later.
4. **Under developed life skills:** A lot of people were never taught as children how to make good life choices. Maybe the role models they were surrounded by gave them the message 'shit happens get use to it'. Or maybe they had parents who did everything for them and never allowed them to make mistakes and learn from them.
5. **Lack of self belief:** It is hard to make any kind of choice when you are always second guessing yourself. If you do not trust your judgment then decisions become maybe I will maybe I won't, long drawn out conversations back and forth within your head.

## What makes a good decision



Ironically a lot of people assume good choices are ones that work out for the best which is not necessarily the case. Why, because we cannot always control the environment or anticipate the actions/reactions of others. But we can assume *good choices always have a little God in them*. By this I mean they are made with the highest good of all concerned and the bigger picture in mind. They are a reflection of the divine greatness we all hold within and the unconditional love of the Creator which surrounds us with every heartbeat.

A **good choice** reflects who we are rather than what we think others want us to be. Often we get caught up in making choices which mirror the expectations of our peers, family or partners.

A **good choice** is one which honours and respects everyone involved. We tend to think the choices we make will only affect our lives but the truth is they always touch someone else in one way or another.

A **good choice** is one which has comes from the soul not the emotional heart or the ego voice of the head. We may gather knowledge, we may feel passion but when it comes to decisions we have to learn to trust the our intuitive self.

A **good choice** is one we can feel at peace with no matter whatever happens. It is about whether we stood in our truth and honoured our spirit. Outcomes are about measuring our success and failure which is an ego way of looking at things. When we look at choices as life moments which enable us to grow and learn we align ourselves with the Universe and our higher self.

## Tips and Tools



### Learn the three **S**'s

**'Stop, Step back and Spend a some time thinking about things.'**

A lot of people think they have to make decisions right away not true in 99% of cases we can step away and take time to get our thoughts together and think about what the choice will mean for us and others. Here are a few tips to help you overcome the urge to jump right in:

1. Learn to say "I will get back to you on that" or "I can't give you a decision right now" or "I don't have enough information to make that decision yet".
2. Learn to be okay with saying "no" I can't give you an answer until next week or tomorrow or whenever.
3. Practice delayed gratification, sometimes what we think we need and what we really need are two different things. Sometimes we have to step back in order to see the bigger picture not just the carrot dangling in front of us.

### Ask the **G**od questions

1. What choice serves the highest good of all involved?
2. What choice will enable me to nurture the seed of greatness Creator planted within me at birth?
3. What choice reflects who I am and my life purpose?
4. What choice honours my spirit?
5. What choice will I be most at peace with no matter what the outcome?



Learn to recognize the ‘**O**’ No’s

1. **Over Tired**

When you are lacking sleep you are not able to function in a way which enables you to see clearly all aspects of any decision to be made. Everything starts to seem bigger than it actually is, molehills become mountains and it is easy to get angry and frustrated at the process.

2. **Over Emotional**

When your emotions are heightened when you are very angry, sad, upset and so forth you tend to make decisions based on those emotions rather than the reality of the situation. Its easy to become a slave to your emotions and let them run the show. How many of us have walked away calmed down and thought “my God why did I say or do that”. When you find yourself in the midst of such intensity remember to practice the three **S**’s

3. **Over Confident**

Trusting your intuition and your judgment is a good thing, but arrogance not so much. When we are arrogant we don’t take time to see all sides of the story or all the options available. We also don’t tend to ponder the consequences of the choices and how they may affect others.



### **Knowledge is power**

**If** you can seek the advice of people who have been in your situation or who have been faced with the same choices. Then take what fits with you and your life plan and disregard the rest.

**Read** everything you can, go online Google it, seek out online forums, canvas your community for groups which can help you. But again take what fits for you and your life and disregard the rest.

**Ask** questions then ask more questions the more pieces of the puzzle you have the easier it is to see the bigger picture.

**Write** down the pro's and con's of each choice

### **Think ahead**

1. **H**ow is this choice going to affect me now but also in the future?
2. **W**hat affect will this choice have on my relationships, family, life path, children and so on?
3. **C**an I be at peace or live with the consequences of this choice

## Everyday Choices



**We** tend to give little thought to the everyday choices we make yet every decision we make big or small impacts our lives.

**Here** are some examples:

When you wake up you can choose to see the day as full of possibilities or another day to drag your weary body through.

When you fight with your partner you can choose to listen, hear and find a solution which honours both of you or you can choose to stand on your soapbox until you win.

When a stranger says “hello” you can choose to ignore them because you are far too busy or you can smile back and return the greeting. Acknowledging their presence and affirming they are valued as a human being.

When your partner or child is sad you can choose to stop what you are doing and give them a hug or you can pretend you didn’t notice.

**The** way you respond to people, whether you smile, take time, give an encouraging word, say “I love you” instead of what’s for supper, all of these little choices will create the world you live in.

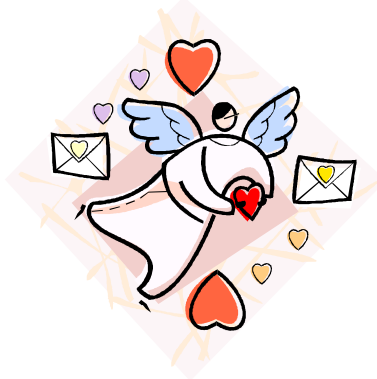
**Whether** you choose to look for the positive instead of the negative, whether you respond with loving kindness or indifference, every decision you make big or small has a consequence.

## My Decision Checklist



- Am I well rested, clear headed and able to be objective?
- Have I taken the time to step back and gain some balance?
- Have I written down the pro's and con's?
- Do I have a clear understanding of the consequences of my decision long and short term?
- Have I given thought to how this will affect those around me?
- What is it I want and how will this choice help me to manifest it?
- Can I live with the decision I have made and be at peace no matter what the outcome?
- Do I have all the pieces I need to make informed choice?

## Affirmations and Angels



**I** act only after observing, listening and accepting

**I** perceive the inner rhythm of events, and allow my feelings to guide me.

**My** actions reflect what I value most-I am the same inside and out.

**The** Angel of Prudence comes when you have to make a decision it sees further than you. It foresees consequences your decision might have. This Angel comes when you need help judging what to do help to see a situation clearly and help to listen to all opinions. The prudent person is one who sees everything and tries to understand everything in order to judge rightly. The Angel of Prudence teaches us how to think with our heart and our mind, how to find the solution which is needed in the moment but also how to look beyond that moment and think of the future. If this Angel appears to you it is telling you to think about things carefully before making decisions make sure you have all the available information and seek the opinions of others. Be a prudent person one who knows where to go at every moment and is not led into impulsiveness by their heart.



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