
The wise decision-making process in a nutshell:

- Know yourself. Have a clear vision of who you are and what you want.
- Ask yourself important questions. This will narrow your options and give you more clarity.
- Give yourself a deadline by which you will make your decision.
(Seconds for a simple decision. 24 hours for an important decision.
3 days for the really big ones.)
- Narrow your decision down to the 2 best options.
- Mentally project the possible future results of each choice.
- Feel the choices in your body. Which one feels the most expansive?
- Sleep on it. Turn off your brain and expect that you will KNOW when you wake up.
(Hey, it worked for Einstein!)
- Decide.
- Give yourself an exit strategy. Commit to your choice for an extended period of time.
Be “all in,” without feeling forever trapped. Make a plan to re-evaluate your options at a specific date far in the future.
- Stop mulling and start acting. By giving yourself an exit strategy, you have set a specific date for re-examining this decision. In the meantime, get out of your head and take action.

Enjoy these tips. They are a gift of Loving clarity from Eileen Lighthawk. Eileen is a creative catalyst for positive change. You can learn more about her, ask questions, and find other helpful resources at her website: Transformajinal.com