

DECIDE

It's time to decide:

What to do for a living

Where to live

Whom to associate with

What to study, learn

What my goals are for this month, year, and next 10 years

How to care for my body - food and exercise

What hobbies to focus on

How much to earn and what to do to accomplish it

How much time to devote to work vs family and friends

Where to vacation

Every moment of our waking lives we are making decisions. Many of them are unconscious habits that we may not even be aware of; but they are decisions. Our lives are the sum total of all those decisions.

Life is lived in individual minutes and in small decisions. Ice cream or exercise. A book or mindless tv. Daydream or get the work done. Study or text a friend.

Every minute counts. Every decision counts. Small bad decisions repeated, consciously or unconsciously, can adversely effect your whole life, what you accomplish and what you fail to accomplish.

Are you stuck? Are you afraid to make a decision? Are you afraid it will be the wrong decision so you don't do anything? If you do nothing, if you fail to decide, you are automatically wrong. In effect, you have given up your chance to be right.

You already know the right answer. You already know what is right for you. It's not what is right for the world, or what you think will look better to your friends. It is what is right for you at this time.

Your gut is your best guide. Feel the answer. Feel the solution. If you'll just forget the mental thought process and the fear of what others will think or say, you can get to the right answer for you. Ask your gut.

Your gut tells you, if you'll stop, feel, and listen. If it feels good, if it feels right, if it gives you a little peace and ah ha, it's right for you at this time. Do it. Start it. Take the first step.

Do you remember a time when your mind said 'yes', or others told you 'yes', and your gut said 'NO'? If you followed your mind and what others told you, I am sure it did not work. Your gut was right; and you did not follow it.

When hiring people, I go through the normal process of reviewing resumes and references. Years ago, I ignored my gut and went with the 'facts'. I did this twice. Both times the people did not work out and I had to let them go. My gut was right. It was not the right fit for me or my company.

If you study the mind (the conscious and the sub conscious), you will learn that you decide unconsciously or subconsciously first. You then, consciously try to justify the decision. The problem happens when you don't let your gut guide you and fight the decision based on what others say or do.

Just as bad, or worse, is to do nothing.

Decide. Make a decision based on your gut and go with it. It'll be right. If for any strange reason it isn't, you can change and it won't be the end of the world. It takes more energy to stay stuck than to decide and move forward.

Go with your gut. It's right 99% of the time.