



**StrengthsGenius™**

## **How To Make Successful Decisions with Ease and Confidence**

The definition of a decision:

---

---

Main Reasons Why Wrong Decisions are Made:

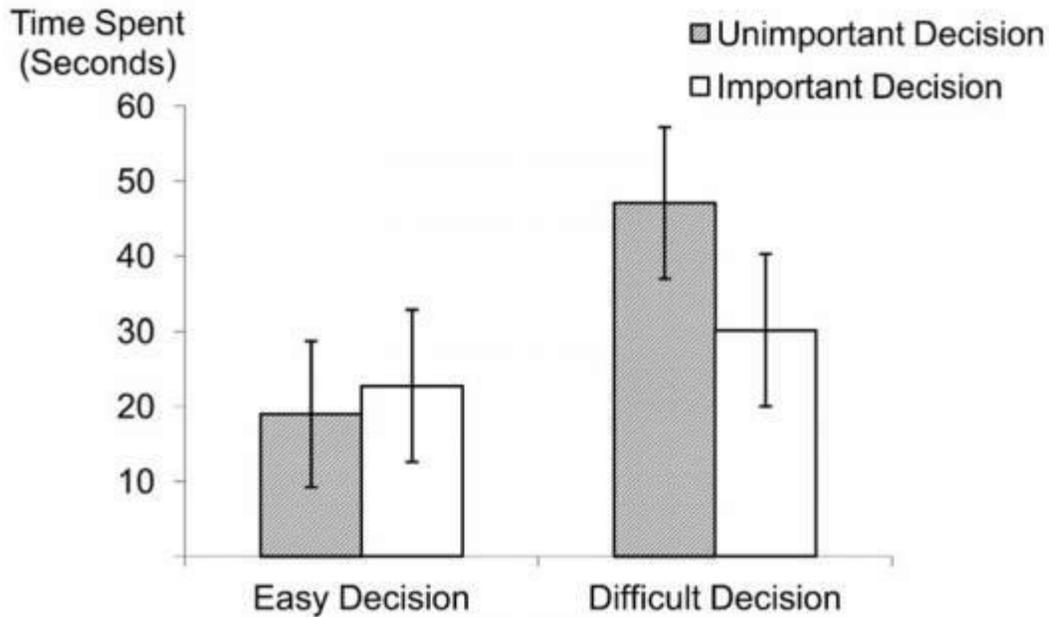
- 1)
- 2)
- 3)
- 4)
- 5)

In decision-making where the decision maker has absolutely no knowledge or access to any information, the decision-maker's behavior will be based on his/her **attitude towards the decision.**

The 3 Behaviors of attitude:

- 1)
- 2)
- 3)

In addition to our emotions and our attitudes, we use a \_\_\_\_\_ to make decisions.



Experiment done by researchers Chatterjee and Heath in 1996.

- We spend more time making a decision on things that matter \_\_\_\_\_ than on things that will make a larger difference in our path moving forward.

- What happened when more information was given?

---

---

---

- What do most people think is the most important thing needed to make a decision?

---

- If we are going to increase our satisfaction with making decisions, make it more enjoyable, then we will make decisions \_\_\_\_\_ and more often.

- This will lead to having more \_\_\_\_\_.

## The 3 Steps of Making a Decision

1) \_\_\_\_\_

a) \_\_\_\_\_

b) \_\_\_\_\_

(Notes) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

(Notes)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Have you ever been on a committee at work, or you were waiting for a decision from your boss, where they have the information, the good and bad, and even knew the risk, but won't give you an answer?

## 2 Traps That Prohibit Decisions:

1) Lack of \_\_\_\_\_

Not making a decision after weighing the option and gathering information to be able to predict the outcome, causes:

- a) Frustration
- b) Awkwardness
- c) Loose \_\_\_\_\_

2) \_\_\_\_\_

To Keep From Landing in the Traps:

1) Set a \_\_\_\_\_ frame.

➤ To Be Able to Make Confident Decisions You have to Be Crystal Clear on \_\_\_\_\_ I am and \_\_\_\_\_ I want ultimately.

Beyond the decision at hand.

What is my personal mission statement? (use the How to Write A Personal Mission Statement Worksheet)

---

---

---

---

How To Make Successful Decisions With Ease and Confidence TM

---

Notes:

---

---

---

---

---

What I need to really understand about myself to make confident decisions is:

1) My \_\_\_\_\_

2) My \_\_\_\_\_

3) My \_\_\_\_\_

#3) Evaluate \_\_\_\_\_

Notes:

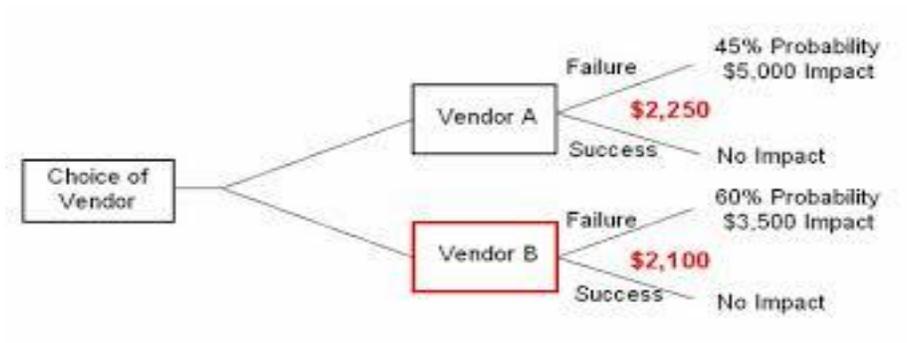
---

---

---

---

## How To Make Successful Decisions With Ease and Confidence TM



Risk Implies:

- a) \_\_\_\_\_  
b) \_\_\_\_\_

- Sometimes, when we eliminate one risk, we increase \_\_\_\_\_.
- Evaluating risk requires an ability to \_\_\_\_\_.
- When we assess risk, that action alone implies that we can determine a \_\_\_\_\_ for any decision we make.
- What does this all mean?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SO.....even if you have no information, you;

- 1) Need to rely on your beliefs and your values, and who you are inherently
- 2) Have intuition to what the big picture is
- 3) Can go into action, set a plan and set a goal to execute no matter what the decision.

When we accept the premise that we have the ability to execute on all decisions we make:

- The actual outcome is \_\_\_\_\_ thing.

**What you receive is greater!**

It's the experience from any decision that should be thinking about.

Not the outcome.

Notes:

---

---

---

---

Now, this does not mean making fast decisions carelessly.

The more you experience the process of making decisions:

- 1) What are my options and evaluate good or bad?  
Before you go to the next step, commit to making a decision.
- 2) Predicting the outcome after gathering information and set a time frame.
- 3) Evaluate Risk and trust that whatever decision you make, you have it within you to come up with a strategy to execute or adjust.

Your instincts, your intuition, will become sharper, your fear or anxiety will go become less.

The process:

1. The real factor to making confident decisions comes back to understanding and knowing our \_\_\_\_\_.
2. When we are using are strengths, every day, and focus on them, we can assess information easier and our intuition is at its highest.
3. Make decisions as they are needed.

Thoughts and Questions:

---

---

---

---

---