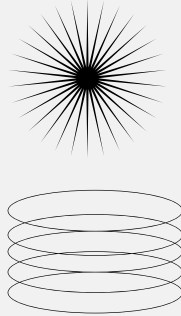


# Making



# Decisions

List a decision that you want to make in your life. It can be a decision to change something or a decision to re-decide something significant. It can be your job, house, spouse, friend, travel plan, health, anything.

List all the options. Be careful not to just list two possibilities. Give your brain a workout here to come up with at least four different things you could do. "Nothing" is not an option because nothing

is always the default something.

Write about your feelings and worries and fears. Notice if you are thinking there is a right or wrong decision here. Are you playing around with good or bad? Are you stalling on deciding? Why?

What decision do you want to make now? Remember, a decision is a commitment to an action and belief.

What are the obstacles/challenges to this decision? How will you overcome them? (Think about what you might be tempted to believe instead as time goes by)

How will this decision help you generate power in your life?