

Lets Make Some Decisions and Get on with Our Life!

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If you're in a rut where you're having difficulty making decisions or choosing which of your possible futures to reach for, listed below are several ways to instigate motion (please remember that it is MOTION that will get you to where you want to go!!!):

1. Realize that you are not an indecisive person, you merely have indecisive tendencies. The lack of movement that you are experiencing is not YOU, it is just a habit that you've picked up along the way. (A habit you're about to change...)
2. Commit to the idea of changing and finding a system that allows you to take action and make decisions. Start saying to yourself (even if it is not true yet) that 'I make the best possible decisions for my life often and with ease'
3. Like everything – the more that you make decisions, the easier it will become!
4. Sometimes we are stuck due to the PERCEIVED lack of options available to us. When you find yourself humming and hawing on what to do next, brainstorm other options. Perhaps the one or two options that you're looking at are both *icky* so open yourself to other ideas.
 - For example, Mel dislikes her job as an administrator and knows that she needs to make a decision to move. After spending a day researching she realises that the only job's available are in a meat-packing company and she definitely doesn't want to do that! So many of us stop there and fail to realise that we could go back to school, look further a field, start our own business, network with business people to find out about future company openings, and on and on!
5. If you're stuck between two decisions and just don't know which one to pick, allow your gut feeling to have a say. Close your eyes and hold one decision in your left hand and the other in your right hand. Think about the possible outcomes of each decision and *feel* which one seems right.
 - Or, close your eyes and picture yourself in each option. Which one feels good even if it's a bit frightening? Which one will help you learn and grow the most? Which one will you feel the most pride from? Also consider any feelings that are negative – do you feel guilty or that something just isn't right?
 - While I'm on a roll with this *Flighty* stuff, you mind as well try your best to listen to your dreams. Are there any messages in there that might help you to decide what is best for you?
 - How about using a Magic 8 Ball, flip a coin, tarot cards – ask it what you should do and let it tell you...What do you have to lose? If you can't make that decision allow something around you to do it for you – doing so is far better than stagnation!!!
6. Consider the PAIN of not making a decision? Imagine being 80 years old and saying to your grandchild, "Sonny, when I was your age I was too chicken to do anything – I let life control me rather than me controlling life...And now I'm old, wrinkly with warts and REGRET the fact that I didn't live life to the fullest...I was too afraid...and thought that I should just do what everyone else wanted me to do. WELL SONNY, I was WRONG – life is to be lived!!! So get out there and make the decision to ACT!!!!
7. Consider 'What is the worst thing that can happen to me if I make this decision?' Can you deal with it? If so, go do it, for Pete's Sake.
8. Brainstorm – if you need inspiration or find yourself wondering how to deal with your partner, kids, job, or where to go on holiday...take 15 minutes to jot down every idea that comes into your head. Don't censor it – just write and write and write...You'll be surprised what comes out.