



How to Make Decisions That Are Right for You

Decision-making can be stressful. The stress is worse when you try to make decisions based on what everyone else wants you to do. The best kinds of decisions are the ones that you make that lead you to the happiness and success you deserve!

Input from your family and friends can be vital to helping you make big decisions, but you are the one who has to live with the outcome. Those decisions should be the right decisions for you above all else. But how do you make those decisions? Here are three questions to ask when you're facing important choices.

Whose Idea Is It?

Consider the source of the ideas on the table. Are they yours, or are they from family and friends? Accepting someone else's solution without your input may lead to a decision that you'll regret later. If you aren't sure what you really want, stop and figure that out before you make the decision.

You're the master of your own destiny, and input from others is no substitute for your own feelings about the issue. Others may have your best interests at heart, but those people aren't you. They don't know everything about your situation. And only you really know what's best for you.

Who Will Suffer the Consequences of a Bad Decision?

When you get conflicting options from other people about a decision, think about how each option will affect you. It's easy to advise others when you're not the one who'll suffer the consequences of a bad choice. Take control of your destiny by choosing the results you deserve.

Consider how each option affects your heart, mind, and spirit. How will the choice affect

your happiness and peace? It's important to consider others, but not at the expense of your needs and feelings.

Also, what are the long-term consequences of your options? Some choices may have an instant payoff that evaporates quickly. Strive to make decisions that have positive outcomes in both the short and long term.

How Does the Decision Feel to You?

Once you've come to a final decision, reflect on the path you've chosen. Does it make you feel peaceful inside, or does it cause you to struggle with feelings of doubt and uncertainty? Decisions that bring you peace are often the best choice.

Instead of making decisions that only bring physical happiness or instant gratification, look for options that provide the greatest fulfillment for the longest amount of time.

These decisions should:

- * Give you joy instead of only temporary pleasure
- * Make you happy for the long term
- * Be worth working for
- * Resonate with your spirit
- * Feel like you're doing the right thing
- * Cause no harm to others

If any option you're considering fails to meet all of these criteria, it probably falls short of the ideal choice for you. What you choose is up to you, but your decisions will ultimately affect both you and others. So it's important to mull over your options carefully.

Consider the opinions of others, but ultimately listen to your heart and make choices that resonate with your spirit. If you do, you'll make the right decision for you and experience the happiness you deserve.

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