

Making Big Decisions

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Sometimes even the most decisive people find they lose a little sleep when faced with making the big decisions in life – and we all have times when it can be a struggle to make even a small decision. A recent article on a coffee shop website claimed that they offer 87,000 different drink options, so perhaps it's no surprise that we can find it hard to make a decision when we are presented with such a mind-boggling choice.

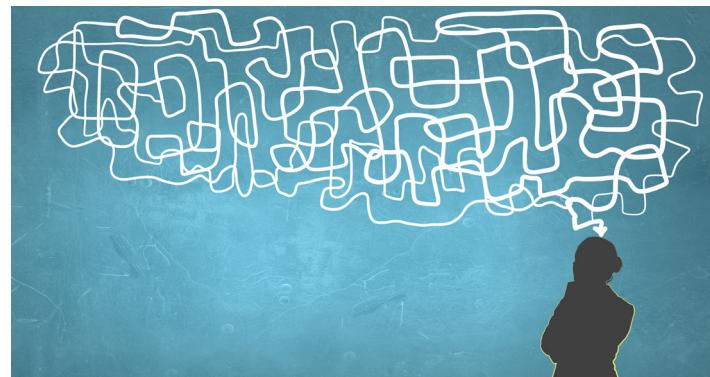
Often it is the possible consequences of a big decision that make us feel anxious or stressed and rather than thinking clearly about the options and likely outcomes, the pressure to not make the 'wrong' or 'bad' choice leads to confusion or indecision and we end up feeling frozen like a rabbit in headlights. The more we worry about the decision the more confused we become, creating a vicious circle that results in us feeling anxious or fearful, so much so that we may avoid making big decisions altogether. But this avoidance only heightens the anxiety and generates more frustration about ourselves and the situation.

Over-thinking things or constantly analysing a situation doesn't help to make the decision, none of us can predict the future, no matter how sure we are about the outcome or how much we want it to be so. We can never be 100% certain that we are making the right decision because life is unpredictable and we can't control all the variables.

Buying a house, getting married or divorced, moving home, changing job, deciding to be our real selves, or just deciding which type of coffee to drink can all drain our confidence and will power, but thankfully there are some simple exercises that can help with the decision making process.

Focus on the opportunity – A simple "Pros and Cons" list can be helpful to prioritise the points. Put the most important considerations at the top. Consider the possible implications of the Pros. Do they outweigh the Cons?

Remember you will shape the outcome – When you make a decision it is your choice, so you are actively engaged with that choice and can take action to ensure it is a success.



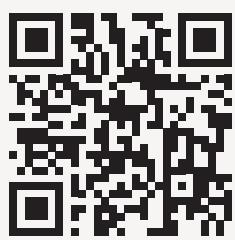
Know who can help you – Friends, family or specialist organisations can provide an impartial sounding board for your ideas and thought processes. They may also have experience or knowledge that can be useful to you.

Persevere – Your hard work, perseverance and resourcefulness can change a bad situation into a successful one, so don't give up. There is always a solution – you just need to find it!

What is your life vision? – Ask yourself how this decision fits with your life vision. Does it support your goals and values? Will it help you to achieve your ambitions?

Do the research – Gather as much information as possible about the options and, if possible, consider all of the alternative outcomes.

Go for it! – If you have considered the pros and cons, talked it through, done your research and are clear how this decision fits with your goals, then make your choice, take the decision and go for it! Take action, stick with it and make it happen. Good luck!



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