

Decisiveness (vs. procrastination)

Processing information and finalizing difficult decisions

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Oh, whatever...

By Jill Welte Tomey

Have you ever been faced with a lengthy list of decisions such as when planning an event or redecorating a room? Should we use the ecru or the beige tablecloth? Sometimes, after making lots of decisions, I find myself not giving the decisions at the end of the list as much attention or thought as the those at the beginning of the list. This is especially true for me when making healthy food choices near the end of the day. Psychologists call this decision fatigue.

Most of us operate at a fast pace everyday making decisions all day long and on the run. It is critical that we have a clear understanding of our goals so that our decisions support them. Being decisive requires that we are tapped into our values, so we can choose wisely and quickly.

There are a few things you can do to avoid having decision fatigue affect your decisiveness. If you can schedule a decision, try to make difficult decisions in the morning. If you are in decision fatigue, and you can't put off a major decision, do something that restores your physical energy such as meditation, a short walk outside, or a healthy snack. Get in touch with the why of the decision – Why is this decision important? Who does it affect? When you realize it is a family member or an important goal that is at stake, you can sometimes find the energy needed for a well-thought-out decision.

This month, recognize how important daily decisions are and be decisive in making the right choices.

To Practice Decisiveness, I will:

- Not look back
- Do what I say
- Make the right decision and stick to it
- Look at things from more than one point of view before making up my mind
- Not give in to peer pressure

“Remember, a real decision is measured by the fact that you've taken new action. If there's no action, you haven't truly decided.”

~Anthony Robbins

“When written in Chinese, the word crisis is composed of two characters. One represents danger, and the other represents opportunity.”

~John F. Kennedy