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31_Decision_making_En.pdf



Take time to deliberate,
but when
the time for action
has arrived, stop thinking
and go.

**MY SUCCESS IS YOUR
SUCCESS**



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Napoléon Bonaparte.
(1769 – 1821)
As Napoleon I,
he was Emperor of the French from 1804 until 1814 and again in
1815. Napoleon's political and cultural legacy has endured, and
he has been one of the most celebrated and
controversial leaders in world history.

WHAT ABOUT THE DECISION-MAKING TWISTS AND TURNS?

Life is full of choices. Some are easy, like, what should we eat for dinner, and others, which have more consequences, for example, choosing a career.

No matter how important a decision is, good decision-making skills come in handy in life, especially if you're feeling undecided about something and feeling discouraged.

People make decisions throughout their day, most of which are simple and don't require much thought.

However, when situations are more complicated and have longer-term repercussions, it is easy to feel uncertain or hesitant.

Facing a difficult decision, it is normal to feel overwhelmed, stressed, or anxious, nervous, pressured, confused, distracted, tired.

Because indecision can have a negative impact on how you feel, it's important to learn strategies for making positive decisions in difficult situations.

Although you can't guarantee the outcome of a decision until you make it, you can at least know that you've thought about it very carefully.

Here are some tips to help you in your decision-making process:



1. *Don't let stress get the better of you:* it's easy to feel stressed and anxious when faced with a tough choice. You may tend to rush decisions without thinking about them or avoid making a decision because stress has discouraged you.

If you're feeling anxious about a decision, try to manage your stress so that it doesn't cloud your thinking. To do this, go for a walk or go out with friends.

2. *Give yourself some time, if possible:* it's hard to think clearly under pressure, and sometimes your first idea isn't always the best one.

Give yourself the chance to sit on a problem for a while, so you can work through your options and feel confident about the course of action you choose.

3. *Weigh the pros and cons:* when faced with an important decision, we sometimes lose sight of the big picture. Write a list of the pros and cons of each course of action, then compare them.

Sometimes the downsides aren't as bad as we imagine them to be, or the upsides can make your options more obvious.

4. *Think about your goals and values:* it is important to be true to ourselves and what we value in life.

When you factor into a decision on the things that are important to you, the best option may become apparent. Either way, you're more likely to end up with a result that works for you.

5. *Consider all the possibilities:* making a decision can lead to several different outcomes and not all of them are necessarily obvious.

When considering each option, don't only list the positives and negatives; write down all the likely consequences.

6. *Talk about it:* it can be helpful to get another person's perspective on your issue, especially if they've faced a similar decision in their own life.

7. *Note:* If you feel as if you're on an emotional roller coaster, it can be helpful to keep track of your decision-making process and feelings by writing them down.

8. *Plan how you will tell others:* if you think someone may have a bad response to your decision, consider what their reaction is likely to be. Put yourself in their shoes to help you find a good way to handle the situation.

9. *Rethink your possibilities:* if you're under a lot of pressure on a decision, or if there are new factors to consider, re-examine your options. You might decide that your initial decision be still the best, but you give yourself the option to change course.

If a decision no longer seems appropriate to you, repeat the steps to find a better solution.

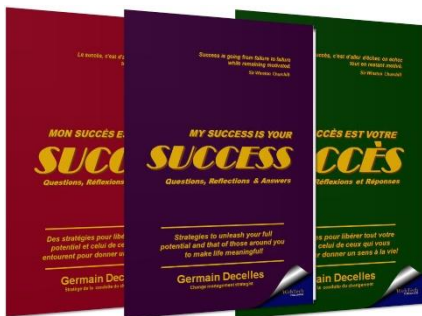
If you are going through a difficult time:



If you're feeling overwhelmed by negative feelings because you're facing a tough decision, it's important to take care of yourself. Take time to relax or do something you enjoy.

If you find that your indecision about a situation is affecting the way you live day to day, it's a good idea to talk to someone you trust or see a counselor. They will be able to help you through the decision-making process and guide you through different strategies.

There are far more details to assimilate and cannot be expended in a simple article. I suggest that you explore chapter 9 of the book « My success is your success. »



This 404-page book, available in French and English, is the fruit of forty years of experience acquired with local and international organizations and companies and during consultancy, change management, transition, and marketing services. For more information and to consult the flipbook, go to: www.webtechpublishing.com .

About the Author

In addition to writing, Germain Decelles acts as Change Management Strategist. He has over 40 years of business and consultation experience with local and international markets, including sectors such as retail trade, distribution, information technology and communications, transportation, manufacturing, financial services, and government organizations.



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