

Making Decisions with Confidence



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Introduction

***“Sometimes it’s the smallest decisions that can change your life forever”
- Keri Russell***

You can’t get through the day without making decisions. From the moment you wake until you fall back into bed, your life is filled with decisions, both large and small. From what you eat and wear for the day to work-based decisions that may affect multiple people, making decisions with confidence is very important.

This eBook and the companion workbook are designed to help you take a focused look at decision-making in general and scrutinize how you make decisions. Knowing typical reasons *why* and *how* people make decisions and what can be done to improve decision making is powerful knowledge to have.

This eBook will begin with a deep dive into the reasons why some people find it easy to make decisions while others struggle. *Hint: it has a lot to do with how you were raised...* Next, we will look at ways to overcome resistance to making decisions and being more confident with your choices. Finally, we will look at ways you can improve your comfort level making decisions and helping those you care about or lead feel more confident and comfortable, too.

The companion workbook for the eBook *Making Decisions with Confidence* will support the reading and offer you time to think about these concepts as they relate to you directly. You will be able to drill down deeper into your own decision-making habits and find new and better ways to build your confidence and comfort in making the best decisions for the situations you are in.

Everyone Makes Decisions

Everyone makes decisions. *Everyone*. Even the most shy and insecure person has decisions to make. From cradle to grave, life is filled with decision after decision after... You may feel confident with your decision-making capabilities or you may be fearful of making decisions altogether. There are usually a few reasons for the confidence *or lack thereof*.

People confident making decisions typically:

- Were encouraged to make decisions growing up
- Have a Type A or take-charge personality
- Have had positive results from making decisions
- Have learned great negotiating skills

People who thrive making decisions tend to be confident. If they had a family dynamic that encouraged decision making, it likely helped them develop preferences and be less afraid of making mistakes. Not every decision is going to be right. At some point, a bad decision happens. The good news is a bad decision is never fatal, even if it causes some damage.

Confident people are less risk averse and see taking risks as a normal part of life. This translates to making all sorts of decisions, ranging from the easiest to the most difficult with a level of expectation that things work out in the end regardless of any downside.

People insecure about making decisions typically:

- Weren't allowed or encouraged to make decisions
- Have a passive or pleasing personality
- Lack confidence
- Made decisions that didn't work out and left a wound

People who struggle or avoid making decisions often don't have a foundation for choices. Either their family didn't value decision-making or they have a personality that is meek and not assertive. Both lead to insecurities about making decisions and being less effective choosing what they prefer. It's much harder for them to come to a conclusion or to verbalize their preferences. Whether it's shyness, insecurity, or being too passive to speak up.

Regardless of your confidence level making decisions, you still make them. Confident people tend to make bolder and larger decisions with ease, while insecure people make

smaller decisions without much problem but avoid larger ones altogether - especially decisions that include or affect others. This doesn't mean that quiet or introverted people aren't good decision makers, it simply means that confidence tends to influence someone's willingness to be bolder in making their decisions

Families Influence the Development of Decision-Making Skills

“The fact is kids learn to make good decisions by making decisions, not by following directions” - Alfie Kohn

Your family dynamic directly influenced your current decision-making skills. However your parents encouraged *or discouraged* your personal decisions directly translates to your confidence with making decisions as an adult.

From the earliest of ages, you had choices to make:

Juice or milk?

Cereal or eggs?

Play time or bath time?

Encouraging kids to make choices as early as possible teaches them critical thinking, negotiations, and how to manage consequences. If your family encouraged you to make decisions by offering you choices, then you likely have more confidence making decisions today.

If, on the other hand, your choices were made for you, it might have never occurred to you that your thoughts mattered. If you ate what was offered, followed the schedule as prompted, and were never asked for your input, it may have felt strange coming into your own as you grew up and went out on your own. Even worse - if your family dynamic was dysfunctional, you may have been denied choices as a form of cruelty or punishment, leaving scars that linger in your adult life.

Families influence the development of decision-making skills as an adult. If your family was nurturing and included your thoughts and ideas into the mix, you're likely more confident and quicker to make choices. If not, you may be reluctant or insecure about your decisions - that makes perfect sense!

Your formative years helped shape who you are today, but your thoughts and behaviors are not set in stone. If you do not like the way you manage making decisions, you can change. It is possible to shift your mindset and start making decisions in a whole new way.

Examining the influences you had as a child is a first step in breaking the cycle and finding new and better ways to make decisions.

Workbook Exercise #1: Head over to the companion workbook to take a deeper dive into the influences that your family has on your decision-making.

Your Personality Influences How You Make Decisions

“The only person you are destined to become is the person you decide to be”

- Ralph Waldo Emerson

Psychologists explain the development of personality as a co-mingling of temperament, character, and environment. You may have heard the term *nature and nurture* in this regard.

Your temperament is the inborn disposition you have. Introversion and extroversion are good examples. Temperament is a combination of mental and emotional traits that are innate regardless of your social experience.

Your character is influenced by society and culture. Starting within the home and including factors like school and community. The culture of the people you are with influences your personality and shapes it. Some studies indicate that your personality is formed by age 7 or early school age.

Your personality influences how you make decisions. Here are some examples:

✓ **Introverts tend to process decisions internally**

✓ **Extroverts process their decisions out loud**

✓ **People with a high value for feeling tend to go with their gut**

✓ **People who intellectualize seek knowledge and counsel before making decisions**

If you struggle making decisions, it could be that your personality is affecting your willingness to be firm in making decisions and weak in carrying them out. It doesn't mean that quieter people can't make decisions, it simply means a meek person may struggle to make decisions more than an assertive person will. Consider your personality when looking at your track record making decisions. In the same way an undesirable personality trait can be overcome or modified for other reasons, it can be changed to help make decisions that are firm and serve your best interest.

Workbook Exercise #2: Head over to the companion workbook to take a deeper dive into the influences that your personality has on your decision-making.

Past Decisions Influence Your Current Ones

"I would rather regret the things I've done rather than the things I haven't"
-Lucille Ball

Experiences imprint on your mind. Both good and bad experiences shape your thoughts and your confidence. A great decision can build your confidence and make you eager for more, but a bad decision can lead to avoiding all decisions in an attempt to protect yourself from future pain.

Everything has a natural and logical consequence. Some decisions aren't well thought out and may result in bad outcomes. Some decisions simply don't have a best-case scenario and there isn't an ideal outcome *no matter what*. The truth is people are influenced by positive and negative experiences and tend to avoid the negative ones if at all possible - it's human nature.

Past decisions influence current ones. That's coupled with personality and the culture you were raised in until there is a jumbled mess of decision-making influences at play. The later in life you begin making decisions for yourself, the higher the stakes and deeper the wounds if your decisions go haywire. Making decisions from a younger age creates wisdom and an opportunity to *fail forward* so-to-speak.

Families who allow their teens to make bigger decisions and then enjoy *or suffer* the consequences can help their children make the transition into adulthood easier than parents who deny their kids decision-making skills. The sooner kids are taught how to make high-quality choices and live with the fruits - *fresh or rotten* - the better.

If you've made a poor decision that caused dire consequences, you don't have to fear making decisions. There is wisdom in overcoming your poor choices. You can improve your decision-making skills and get better outcomes. Don't let one or two bad choices keep you from making decisions now. You are wiser, stronger, and can be trusted.

Workbook Exercise #3: Head over to the companion workbook to take a deeper dive into the influences that your past choices have on your current decision-making.

You Can Make Decisions with Confidence

Even if you've historically found it hard to make decisions, you can begin to make them with confidence. The patterns you've had won't have power when you identify them and begin to make changes. Realizing why or how you avoided decisions makes room for improving and starting new behaviors that make coming to a decision easier and more effective.

People do what works for them, even if it's to their detriment. In the beginning of this eBook, I shared how avoiding or refusing to make decisions comes from early childhood influences like your family structure, personality, and the impact poor decisions may have made at some point.

This may have created some patterns that you want to overcome. *Patterns like:*

- **Ignoring or avoiding the need to make a decision**
- **Thinking things will get easier over time**
- **Allowing others to make decisions for you**
- **Creating distractions to avoid important decisions**

Ignoring decisions won't make them go away- Pretending that the decision isn't looming won't make it go away. As a matter of fact, *not making* a decision is a decision in and of itself. You may have gotten used to avoiding decisions or waiting until the last possible moment to make them, but this is actually causing more harm than good.

Learning to tackle decisions is the key to making them quickly, wisely, and with the greatest impact. The longer you wait to make a decision, the fewer choices you may ultimately have. It is far better to take action and make a decision as soon as possible.

Things won't get easier over time- Sort of like avoiding, waiting is not going to make things easier. Sure, sometimes things do sort themselves out over time, but most decisions

- from picking a restaurant to committing to an event - need to be decided promptly to avoid fall out.

Don't put off making a decision that is time sensitive. Letting time pass can cause you to ruminate over the decision at hand and may affect more than just yourself. Find a way to decide what you want and make a commitment.

You can't abdicate your power all the time- Letting other people make your decisions is giving away your power. It might feel safer putting the burden and responsibility on others, but grown-ups shouldn't be doing that. Being able to make a decision is part of maturity and the more decisions you make, the better you will be at making them.

If you are a parent, you are setting an example for your children who are watching how you make - *or don't make* - decisions. Be aware of your impact on your family and lead by good example.

Creating distractions won't make responsibilities disappear- There are plenty of things you can do besides put in time and effort to make a quality decision, but are they really more important? Putting off a decision by filling your time with distractions only leads to stress and worry - conscious or subconscious.

You may be experiencing these patterns or have other behaviors that help you avoid making decisions. Taking the time to thoroughly examine and understand the ways you avoid making decisions can help you break habits and replace them with healthier patterns that are more productive and help you make powerful decisions.

Workbook Exercise #4: Head over to the companion workbook to take a deeper dive into the patterns you have developed to avoid making decisions.

Making Decisions Takes Skills and *Practice*

Making decisions takes skills and practice. Some decisions are so small they don't have much of an impact on others while some decisions affect multiple people. Believe it or not, the same skills apply whether you are making small or large decisions. Here's a brief list of things that go into making a good decision:

- ✓ Knowing what you want
- ✓ Knowing how others will be affected

✓ Knowing the long-term ramifications

This isn't a long list, but for someone who isn't confident, it can feel paralyzing. Breaking down the list and confidently considering who and what is involved helps make decision-making easier and more effective.

Keeping the global picture in mind of what you want, who is affected, and what the outcomes could be helps you focus but there are skills that make it easier to weigh the options and make the best of the available choices. There are plenty of tools you can use to make decisions and remember - you don't have to make a decision in a vacuum. You can get wise counsel to help you feel confident in your decision.

Know what you want before you make your decision

A lot of times people don't make decisions because they simply don't know what they want. Like walking into an ice cream parlor, the options may feel endless and choosing one might feel restrictive or overwhelming. *How do you choose one flavor, when there are so many great options?*

Similarly, some people don't feel ready to make a choice because they don't really know who they are or what they prefer. They haven't developed their personality to its fullest and struggle with their identity. Having a preference feels foreign to people who:

- Have lived in the shadow of others
- Were not encouraged to develop their own preferences
- Feel insecure and don't trust their judgement

It's not that hard to develop your own preferences; you've likely had them but may have denied yourself to go with the flow or to be a team player. Getting in touch with your own desires will help you make better decisions you're confident with.

Note: *If you're avoiding decisions because you don't want to be limited or you fear that you'll be dissatisfied with your decision, consider this - you can change your mind. Most decisions aren't set in stone. You can try something and shift your decision for many things. Though this shouldn't apply to big decisions like marriage proposals and baby names, you can generally change your mind on many decisions and modify them or hone them over time.*

Consider others before you make your decision

Most people don't operate in solitude. Decisions generally have an effect on others. Taking this into consideration can help you make better decisions. Thinking about your choices and how they will impact your family or your work can keep you from regrettable situations. While some decisions are small enough not to make an impact, others can and should be weighed with a conscientious mind.

If your decision affects others, consider including them in the process when appropriate. Seek their input and their thoughts before making your final choices. It can go a long way to prevent bad feelings if your decision leads to trouble. If you are part of a family, consider the following:

- Holding a family meeting to discuss the merits of the decision
- Seek wisdom from your elders or those with a wide knowledge base
- If the decision is controversial, explain why you are making the decision
- Be open to feedback
- Validate concerns or worries before making your final decision

Communication is the key to eliminating bad feelings about a decision. When you include those closest to you in the process, you gain allies that can support you and cheer you on or stand by you if things get rocky.

Think through the long-term effects of your decision

Something that feels good or seems smart in the moment may have a regrettable outcome. Life is a lot like a game of chess - your moves now affect your leverage down the line. Making a smart move that pays off later is favorable to a poor move that feels good for a moment but loses the game.

Be wise enough to strategize your decisions and think the ramifications through. In the long run, you'll be better off. Consider these points when making your decision:

- Am I making this decision as a knee-jerk response?
- Am I considering the impact this decision can have on family or career?
- Am I in a sound state of mind making this decision?
- Will making this decision cost me financially down the line?
- Will this decision come back to haunt me when I am older?

Asking yourself these sorts of questions can help you decide if the decision is smart or if it's best to wait a bit and modify or make a different choice.

Note: *Social media is a great example of how important it is to think long term. Many forty and fifty-year-olds are grateful that social media wasn't around when they were kids. Posting antics and regrettable information on social media can affect families, careers, and keep people from many of the things they want because of juvenile behavior.*

Start Making Better Decisions Right Away

So far, we've learned a little bit about why people make the decisions they do - *or don't make them at all* - and explored the fact that anyone, regardless of their family influences, personality, or track record, can make better decisions. Now let's see *how* that happens.

Making better decisions comes from knowing what you want, knowing how what you want will affect others, and what the long-term effects will be. Getting to that point can happen different ways. There are a wide range of tools you can use to make the best decision for yourself under your circumstances. *Take a look:*

Do your homework: Simple enough, but very important. Do your homework before you make a decision. Review the information, ask questions, seek to better understand what's what before you make a decision. Ignorance is no excuse for breaking the law or making a poor choice. To the best of your ability, get all the facts before you make a decision.

Many times, there is an impulse to make a decision driven by emotion rather than logic. Doing your homework will reduce the chances of making a poor decision by putting logic over emotion. This can save you time and money. Doing your homework will make you a wiser decision-maker and help you avoid impulsive decisions.

Make your decision a win-win scenario- Whenever possible, make sure your decision is a win-win for everyone involved. Taking the time to consider the impact of your decision on others can reduce unexpected collateral damage. This is very important with friends, family, and co-workers. Exploring the various nuances of your decision and doing your best to make sure your impact is positive and/or inclusive will go a long way in preserving relationships.

As much as possible, invest in others and think about the long-term ramifications for everyone when making your decisions. The win-win attitude helps you succeed and feel

confident when you make decisions, plus it breeds respect and trust from those closest to you.

Learn to negotiate- Sometimes your first decision isn't the one that you end up with. Sometimes your decision requires some negotiating. Learning great negotiating skills makes it possible to get to the win-win stage and can help you get what you want, even when there is resistance.

Negotiation skills can help others feel more confident with your choices as well as set unfavorable situations into a more acceptable light. Sometimes there isn't an ideal decision or choice. Being able to negotiate can help make the choices feel easier to swallow and to live with.

Get wise counsel- There are a lot of smart people out there. People with wisdom and experience you can benefit from. Turn to wise counsel when you need to make high-quality decisions. Seeking input and guidance can help you avoid unforeseen pitfalls and will help you make a better decision.

No matter your age, wise counsel is always a benefit. Everyone should have people they can go to in times of need. From a mentor to a family member, finding someone you can trust and be vulnerable with is truly an asset.

Trust your gut- Your intuition is a powerful thing. Oftentimes your gut knows exactly what you should do but you override it with worry or just plain ignore it. Your gut can help you lean into something you may be scared to try or run away from something you should be avoiding. Sometimes your gut is smarter than your brain. Be sure to give it credibility if it is trying to tell you something.

Each of these tools work well individually but they are even more powerful combined. Checking with your gut and weighing your intuition and then seeking wise counsel for confirmation is an optimal way to make a sound choice. Doing your homework and meeting with your family to discuss the impact of your choice covers your bases when making important decisions.

Give Your Decision-Making Skills Time to Develop

Making good decisions takes time to practice. Learning new skills won't magically transform every decision into a bullet-proof scenario. There are still going to be missteps and bad calls. *That's ok!* The point is to use your skills and see which ones work in which situations and hone your processes until they yield consistent results.

Over time you will see that the way you make small decisions may be the same way that you make bigger ones, or you may discover that you use specific skills for larger decisions than you do for smaller ones. The key is to be aware and consistent with your effort. If you've shied away from making decisions because you had a bad experience, it will likely take a while for you to develop the confidence that things won't blow up in your face if you take a risk or a stand. Be patient and kind to yourself.

A lot of people who experience the fallout of a poor decision get paralyzed by it and aren't sure how to bounce back. If you've made a regrettable decision, you can clean up your act and start again. You may have to make some amends, review, do things differently, and take your lumps but if you are sincerely invested in doing things better, everything will work itself out. Don't let fear from the past cloud your opportunities for the future.

Sometimes life includes decisions that aren't good no matter how many skills you have. Some decisions are simply not easy and have no ideal outcomes. If you are faced with a no-win or worst-case scenario, you can still make the best of the available choices. Sometimes life's not fair and things feel dire. Realize that time always moves forward, and the hard times will pass. Use your skills to do the best you can, and you'll feel as good as possible under the decision-making circumstances.

Before long, you will have managed and mastered making all sorts of decisions under all sorts of circumstances and you will see patterns and peaks and valleys in your decision making. The more time that passes, the more credibility and wisdom you will have about making high quality decisions.

Workbook Exercise #5: Head over to the companion workbook to take a deeper dive into the decision-making skill sets you want to use under various scenarios. Practice choosing the right skill for the right sort of decision.

Help Your Family Make Better Decisions

Early in the book, we discussed how important family is in the development of decision-making skills. Families that encourage children of all ages to make their own choices and manage age-appropriate consequences help their kids do better throughout life.

A few of the terms for overbearing parenting styles are helicopter parenting and snowplow parenting. Both forms of parenting include over-indulgent and enmeshed parents who mean well but end up adversely affecting their kids. You may have heard the term for our current younger generation being referred to as snowflakes. This derogatory term is used to illustrate the seemingly fragile and delicate egos of children who were influenced by parents who made decisions for them and shielded them from natural and logical consequences.

This may be a generalization but there is evidence to prove that providing too much safety and leveling every playing field has created either a sense of fragility to life or a sense of undeserved entitlement by young adults who have little direct experience with life.

Another parenting style coined “Love and Logic” uses the premise that all children are capable of making age-appropriate decisions and allowing them to do so - including facing the natural and logical consequences of their decisions - helps them regulate their decisions and their behavior on their own. Allowing kids to use the tools listed earlier in the book helps them learn to do their homework, seek wise counsel, negotiate, and work through their decisions in order to come to the best one.

Being able to practice decision making under the safety of their families makes the risks less and the growth opportunity is very high. Falling flat on your face for a poor spending decision with your allowance is far safer than making a financial error as a young non-dependent adult. In essence, waiting until your child is an adult to learn life lessons isn't serving them - the costs can be too high.

Including Children in Family Decision Making

Avoiding parenting styles that over protect and keep kids from decision-based life experience is a good focus for families. In addition, including kids in the decision-making

aspects of the family as a whole is a positive way to shape them. Here are some great ways to include children in family decision making:

Family meetings: Family meetings are an ideal way to bring the family together to manage important decisions that affect everyone. Family meetings are not democratic. They do not give power to kids, but they do include them in the process. From sharing age-appropriate facts to seeking input and being open to feedback, hosting family meetings increases kids' sense of importance to their family and helps them learn to negotiate and compromise.

Encourage kids to make their own decisions: Helping your kids make their own decisions helps the whole family. Kids who can think critically and feel confident expressing themselves have higher esteem. Kids who have self-confidence generally do better in school and have an easier time avoiding peer pressure, withstanding conflict, and are more resilient.

Model decision-making behavior: Let your kids in on your own journey. If you have a decision to make, discuss it with them. Help them see how you process your options and come to your final decision. Everything is a teaching tool and you can easily help your child learn new skills by modeling your processes. Talk to them, ask them their opinions. Show them what it looks like to seek wise counsel, weigh the pros and cons, and make a utilitarian decision. Ask kids what their intuition is telling them and teach them to listen to their own inner guidance.

Workbook Exercise #6: Head over to the companion workbook to take a deeper dive into the idea of family meetings. Craft a family meeting scenario that you can carry out in your own home.

Supporting Other People's Decisions

Learning to make your own decisions is one thing. Helping shape your children into better decision-makers is another - but supporting other people's decisions can sometimes be tough. Some people don't make the best decisions and sometimes their decisions clash with your morals, values, and beliefs.

Is it possible to support someone who seems to be making a destructive or hurtful decision? That can be tough, but it is important to consider what could be at the root of their choices. Sometimes people make poor decisions because...

- They lack information

- They have different values
- They practice a different faith
- They don't have decision-making skills
- And more

No matter why they may be making a decision you wouldn't, it is important to respect their right to choose for themselves whatever is legally and ethically their own option. In many countries and in many families, having the right to choose is not guaranteed. Holding respect for the *right to choose*, even if you might choose something different, is more important than what someone may be choosing.

There are ways to support someone's right to choose. From using your voting power to elect officials and pass laws that promote choice to volunteering for organizations that seek justice and freedoms for oppressed people, your voice matters.

Sometimes someone's decision causes fallout that lands on you. This may mean that you were collateral damage to their poor choice. It can feel very hard to forgive and recover from the impact, but you can do it.

By doing these things:

First- Think about yourself. If the offending party has caused a lot of damage, it is vital to think about yourself for a moment. Do you need safety? Does something immediate need to happen? Your safety and the safety of those closest to you and under your supervision is the first order of business.

Second- Think about others. If the poor decision is affecting multiple people, it's time for damage control. Connect with others who are impacted and ensure everyone is on the same page about any next steps that need to happen. You may not be responsible for other people during this time, but you may need to coordinate your efforts.

Third- Get some help. You may need counseling, support, legal representation, or some other form of help. Get it. Don't suffer in silence and don't neglect anything that needs to happen. Get some help during this difficult time and protect yourself if necessary.

Fourth- Give yourself some time. What has happened may take time to reconcile. Allow yourself time to heal and move through the pain until you are ready to move forward. Don't make any fast decisions or permanent choices when you are emotionally distraught.

Finally- Learn to forgive. Forgiveness isn't for them, it's for you. Being able to sort through the rubble of what has happened and come to a place of forgiveness can help you move on and get back on track with life.

The bottom line is protecting other people's right to choose is as important as protecting your own. You simply can't have one without the other. Other people may make choices you don't agree with or that cause you pain, but you can overcome. Practice supporting others and encouraging people to choose whenever you can.

Workbook Exercise #7: Head over to the companion workbook to take a deeper dive into the concept of supporting other people and their decisions. Evaluate how you can be better at championing decision making and overcoming the fallout of someone else's poor choices.

Conclusion

Decision making isn't something that comes easily to everyone. This book has illustrated the wide variety of reasons people find it difficult to make decisions. You may have never thought about how hard it can be to make a decision or you may have felt like you were the only one who struggles with decision-making insecurities. *You are not alone!*

Between the eBook and the companion workbook, you should have a clearer understanding of what factors into making better decisions and a road map for how you'd like to improve. From taking the time to develop better skills and putting them into practice, to helping your family learn new skills, I am sure you see that decision-making habits get better with time.

If you've struggled with decision making, I know this book has offered you encouragement and practical tips that will have you making decisions in new ways and feeling more confident with your choices. I would love to hear how this book has inspired you and made a difference. Feel free to reach out to me and share your thoughts.

The companion workbook serves as a personal guide to your transformation. It is filled with new ideas and plans that directly tie to how you have historically made your decisions and how you plan to modify those skills and add to them. I sincerely believe the workbook will be something you return to over and over again to review where you were before you made changes and how far you'll come over time. *Good for you!*

Thanks to this eBook, your family is going to benefit. You will have strong input developing your children into independent decision makers who can handle critical thinking and the natural and logical consequences of their decisions. This may be the most important aspect of what you've learned. *Infusing these skills into the next generation!* This is a valuable gift to give your children.

You've learned that it is important to protect everyone's right to choose. Even if you don't agree with the choices, the right to choose in and of itself is what's important to protect. You wouldn't want your right to choose what is best for you and your family infringed on, nor would you want the rights of those you love taken away. That's why it is important to focus on ways you can support other people who may be at risk for not making their own choices. The bottom line is this - you are wiser than you may have realized, and you are capable of making great choices. Even if you have made some doozies in the past, that doesn't mean you can't make great choices in the future. Use your skills, find support, and make the best of the available choices in every situation. Not every situation may be ideal, but you are well equipped with skills to compensate even in tough situations. Trust your gut, seek wise counsel, and educate yourself before you make your choice. The more you practice, the more you'll gain the confidence you need to consistently make great decisions.

Thank you for letting me be a part of your decision-making journey. It has been my pleasure to help you change and hone your decision-making skills. It brings me great joy to think about the changes you are making and the way you are impacting your family. You can reach me via email and share your thoughts and ideas about this book and the techniques I have shared. I am always looking for new information to share with our tribe and welcome creative input. You can reach me at authenticgrowthcoachingfl@gmail.com. Until then, enjoy your new skillsets and go forth and start making great decisions!