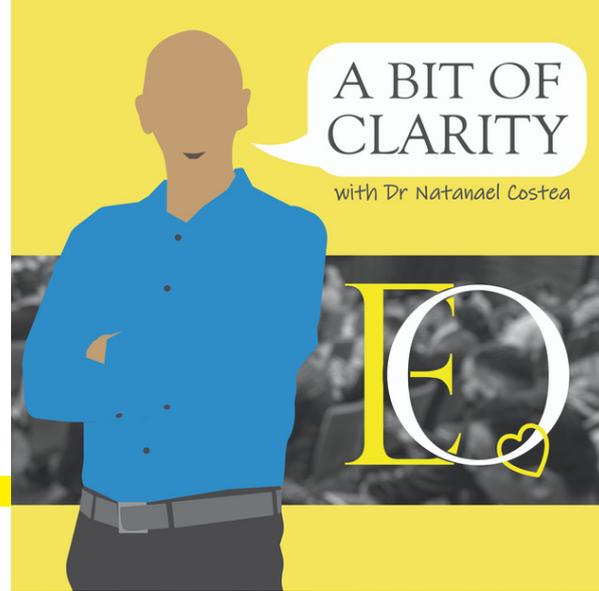


# EP 005 CLARITY IN DECISIONS



## SHOW NOTES

### OBJECTIVE

> Develop an understanding of how to have clarity in decisions.

### UNDERSTANDING DECISIONS

> Decisions matter. They shape our destiny. Decisions are generally made based on values. The higher values or standards we have, the better decisions we make.

### THE ABC+D OF DECISION MAKING

> **A-uthentic** - Am I authentic in this decision? Am I being genuine, am I truthful, ethically, morally, values based, standards based? Am I **honest with myself** and **present** in the decision?

> **B-rainstorm** - Am I reasoning well, am I looking at options and alternatives? When I say "Yes" to this, what do I need to say "No" to (for every "Yes", there must be at least three "No's"). Am I willing to take the **pain now** for **future pleasure**, delaying the gratification? Who else is affected here?

> **C-ommitment** - Am I committed to this decision? Will I stick to it to the end? Will I work at it with diligence and give it all I can? Will I enter the process? Will I **stand up** for my decision?

> **D-ecide** - Am I ready to make the call? Will I take **responsibility** of this decision and **own** it? Will I say it, do it and live with the consequences, good or bad?

### OVERCOMING POOR DECISION MAKING

> If you are to have clarity in decisions, you need to **consciously evaluate your values and standards**, holding on to the ones that are working, and letting go of those that work against you.

### APPLICATION

> Go through the ABC+D of Decision Making in your next three decisions and write down your reasoning answers as you go through the exercise. Reflect on the clarity received and continue.

### RESOURCES

> More from Dr Natanael Costea: [www.eq.org.au](http://www.eq.org.au)

> Subscribe on [Apple Podcasts](#)

> Subscribe on [Google Play](#)

### CONNECT

> Facebook: [www.facebook.com/eq.org.au](https://www.facebook.com/eq.org.au)

> Instagram: [www.instagram.com/eq.org.au](https://www.instagram.com/eq.org.au)

