



Great Decisions

One of the important components to making great decisions that stand you in good stead is to know what those decisions are. If you are consciously aware of decisions that would serve you then you can start to create your life in a way that will support your brain in making that desirable decision.

For example, do you want to choose to go to the gym on the way home from work? If so there are things you can do to make it an easier decision to make at that critical moment. Would it be good if you could choose to speak up in meetings and put forward your ideas succinctly? If so, again, there are things you can do to support this decision.

What are some key decisions that would really make a difference for you?

Key decision at work	What you can do to support them
Key decision at home	
Key decision in relationships	