

I make sound decisions

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I have confidence in my decisions. I make choices that bring me greater wellbeing and success. I understand my values and priorities. ***I know what I want out of life, and my decisions bring me closer to my goals.***

I consider my options. I gather information. I look at situations from different angles. I ask others for their input so I can learn from their experiences and wisdom.

I meditate on the pros and cons. I visualize different scenarios. I think through my assumptions. I notice whether I feel relieved or excited contemplating the path ahead of me.

I act in a timely manner. I recognize that any reasonable action is sometimes better than being indecisive. I achieve balance instead of procrastinating or being too hasty. ***I can make decisions under pressure when I need to.***

I take responsibility for my choices. I look at ways to make my new circumstances work rather than regretting the past. I know

when to let go and when to try harder.

I am prepared for life-changing decisions. I keep things in perspective knowing that wonderful things can happen each time I reach a fork in the road. I make back-up plans. I feel more secure when I have alternative arrangements that I can rely on.

I pay attention to small decisions too. ***My daily choices shape my experiences and define who I am.***

Today, I align my decisions with my faith and values. I choose happiness and peace.

Self-Reflection Questions:

1. What is one decision that had a major impact on my life?
2. How do I deal with the uncertainty involved in making decisions?
3. What role do my gut instincts play in my decisions?