THE CONSCIOUS EDGE

SURE DECISION-MAKING METHOD

Hey You!

This is about getting those nagging decisions off your plate so you can move forward. When you feel clear and certain about your decision, you'll find everything gets easier. You can relax.

You may find you hold tension in your shoulders, tightness in your chest, or uneasiness in your stomach when you are grappling with a decision. Even though you're not thinking about it, it's like there's this lingering feeling you can't shake.

Sometimes you aren't present at all. People you love are talking and you're off somewhere, thoughts spinning, trying to figure it out. You're missing out.

Indecision comes at a big cost. It sucks the joy out of life, your emotions run wild, and opportunities are lost.

What's crazy is making no decision is literally worse than the wrong decision. It's holding you back.

At least ANY decision leads to new learning and a new set of options, even if it wasn't the right one.

So first, take a deep breath. You're going to figure this out right now.

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THE PROBLEM

The SURE Decision-Making Method comes out of my own struggles with procrastination and indecision. I used to over-analyze everything, trying to find the perfect solution. Ultimately, I always ended up in the same place, stuck in months or years of planning that could have been done in hours, days, and maybe weeks if it was a biggie.

When I finally did make a decision, they were good and served me well, but did it really have to take so long.

Did it have to be so heavy? **What if it could be easy?**

When I think back on my life, the only times I have ever truly struggled was when I wasn't making clear decisions with certainty.

There are always going to be challenges, but they feel easier when you're making powerful decisions to move forward and figure it out.

What I realized from training and coaching literally thousands of people is that lots of people have the same experience.

THE SOLUTION

I figured out how to take all the analytical details I needed to feel comfortable (by the way, not alone on this one either) and put them into 1 simple process that could be used for making literally any decision faster and easier.

Let's dive in.

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STEP 1: STATE THE PROBLEM

It's important to get the details laid out in front of you so you can be objective. This is about separating your emotions from what you are trying to achieve.

Procrastinating is an instinctive strategy to relieve the pressure. It feels better not to deal with whatever it is because parts of the unconscious mind are being triggered.

This primal self-protective part of the brain is trying to keep you safe. Noble as it seems, it's in overdrive, and that's not always in your best interest.

When you begin with an outcome in mind, you can make decisions from the place you want to go, even if you feel uneasy.

Take this moment to identify the "Whats", "Whos," "Hows", and "Whens" of your decision on the SURE Decision-making Method Template?

NOTE: The Decision Deadline is particularly important because without a clear end in mind, you'll drag this process out way longer than necessary.

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STEP 2: UNDERSTAND THE OPTIONS

Grab a sheet of paper and brainstorm all the possible solutions. Don't just stop at 4 or 5. I challenge you to come up with at least 10. If you are an overachiever, go for 20.

If you get stuck, it can even be helpful to ask others.

Even write don't the crazy, off-the-wall stuff. What if you actually ended up laughing because you got a little silly in the process. Don't worry, you'll decide later what you're WILLING TO DO.

Now circle the 2-3 BEST options and write them on your SURE Decision-making Method Template.

Part of being able to live with our decisions is being okay with the worst-case scenarios. Next, to each of your options, **write down the worst-case scenarios if you were to make that particular decision.**

Be realistic for this part. Honestly, what could happen? You don't have to get overly creative and imaginative in this part. I suppose it's possible that the earth could explode, but I highly doubt it was based on your one teensy decision.

Then, ask yourself. **If your worst-case scenario happened, what would you do next?**

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STEP 3: RESOLUTION

It's decision time. You may be feeling a bit uncomfortable at this moment. Remember that's old programming in your unconscious mind designed to keep you safe. It's not necessarily real.

By now you've processed through all the information, thought about the worst-case scenarios, and even created a troubleshoot plan if that happens.

Remember, it's okay if you make a mistake. Perfection is not the goal here. The goal is to move forward with certainty and clarity. Rest assured you're making the best possible decision for right now.

Could there be more information? Sure...but waiting to see isn't helping you. If anything, a decision can actually force it to come forward faster.

Let's say you make a decision and someone shares how they really feel now about your choice. Great, that's feedback you might not have had otherwise.

You get to decide if that information even affects your decision. *(Honestly it probably is more about how you feel than actually changing the outcome. That's an entirely different topic for another time.)*

Okay, SO? Which decision are you going with here? Write it down in the Step 3 of the SURE Decision-making Method Template.

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STEP 4: ENACT THE PLAN

A decision without action means nothing. Take a moment and write down a step-by-step plan with due dates.

There's a reason you've been putting off your decision. Something about it feels unsafe to your unconscious mind.

The problem is many of these "beliefs" were created when you were a lot younger. The unconscious mind doesn't know you are no longer a 12-year-old girl in the lunch line feeling humiliated by the hate being slung at you or the 16-year-old being told to give the other girls a chance to shine too. *(Your version is unique to you, but you get the point)*

It just knows that this feels a little familiar and you should probably go hide and stay safe.

Your circumstances are different. You're wiser now. You want different things than you did back then.

So know that as you move through your plan it might feel uncomfortable. You may even start to feel overwhelmed.

Take a deep breath and only focus on completing the next action, then the next, and the next.

I promise on the other side of this you'll feel accomplished, unstoppable, and **joyful!**

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Congratulations!

You've made it through making a SURE Decision. Now do it again and again. Each time decision-making will get faster and easier. You're rewiring your brain to no longer be a procrastinator and become a SURE Decision-maker!

The Conscious Edge holds workshops designed to uncover exactly why you act, feel, and think the way you do so you can get out of your own way. If you're interested in attending, you can learn more at https://consciousedge.com/immunity-to-change-workshop/

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STEP 1: STATE THE PROBLEM

What problem are you solving? **Decision Deadline:**

What's the desired end result? How will you know you made the right decision?

What information is needed to make an informed decision?

Who needs to know or be brought in before a decision is made? **Scheduled Time to Talk**

1. _____ _____
2. _____ _____
3. _____ _____

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STEP 2: UNDERSTAND THE OPTIONS

2-3 Best Options Available	If implemented, what's the worst-case scenario?	How will you work through this?

STEP 3: RESOLUTION

Which decision will be best for you?

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STEP 4: ENACT THE PLAN

What are the steps involved in putting your decision into action?	Completed By:	☑
1.		
2.		
3.		
4.		
5.		
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8.		
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10.		

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