

We make tons of decisions every single day -

- *Should I wear this or that?*
- *What should I make for dinner?*
- *Where should we go on vacation?*
- *Potato or broccoli?*
- *Exercise or couch?*
- *Just this once... it won't hurt...I don't want to eat broccoli, I want fries!*

These are decisions and choices we make every single day - some small, some larger, but all (even the micro-decisions!) are:

Decisions that come with a benefit and a consequence.

Every single one.

And you cannot opt out of not making a decision or a choice. Non-decisions ARE decisions--and they signal indecision, a weak will, and frankly, an unwillingness to take responsibility or all of the above.

Colin Powell says you need at least 40% of the info you're likely to get to make a good decision and no more than 70%.

Less than 40%? You're guessing.

More than 70%? You're stalling.

Powell also says that beyond 70% you start to lose the opportunity.

Do you know what makes up his other 30% for making a decision? Gut, instinct, and intuition!

So how do we get to the place of understanding we cannot opt out of decision-making ever- that even non-decisions are decisions, and make a good and right choice?

Jum Kwik, the author of Limitless, says:

- 1) Make a not-to-do list. Does it add value? Are you waiting for something? Can I delegate this? (This helps with the day-to-day stuff)
- 2) Have a standardized checklist for all the things. (this also eliminates mental fatigue.)
- 3) When it comes to food choices (and food addictions), using Always and Never rules is the way to go with an occasional "Always, except when..." rule thrown in.

How do you create better decision-making in your life?

1) Stop dismissing micro-decisions choices. Everything counts and steers your life one way or the other--just like food, decisions are information or inflammation--which do you want?

2) Non-decisions are actually decisions - you can't weasel out!

3) Unintelligent thinking is wrapped up in indecision.
(see the book Limitless)

4) Stop making decisions by crowdsourcing. Your higher self knows NOW is the time to TRUST your own intuition.