



# HOW TO BE DECISIVE

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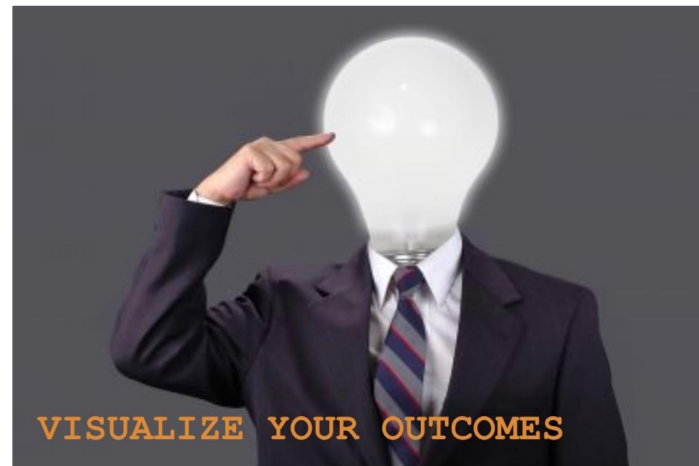
# 1. OVERCOME YOUR FEARS

- Any decision, no matter how small, means a change of some sort, which could lead to a significant difference in our lives and the lives of people we care about. This fear of change can consume you and be destructive, paralyzing you right when you need to be most decisive.



## 2. VISUALIZE THE OUTCOMES

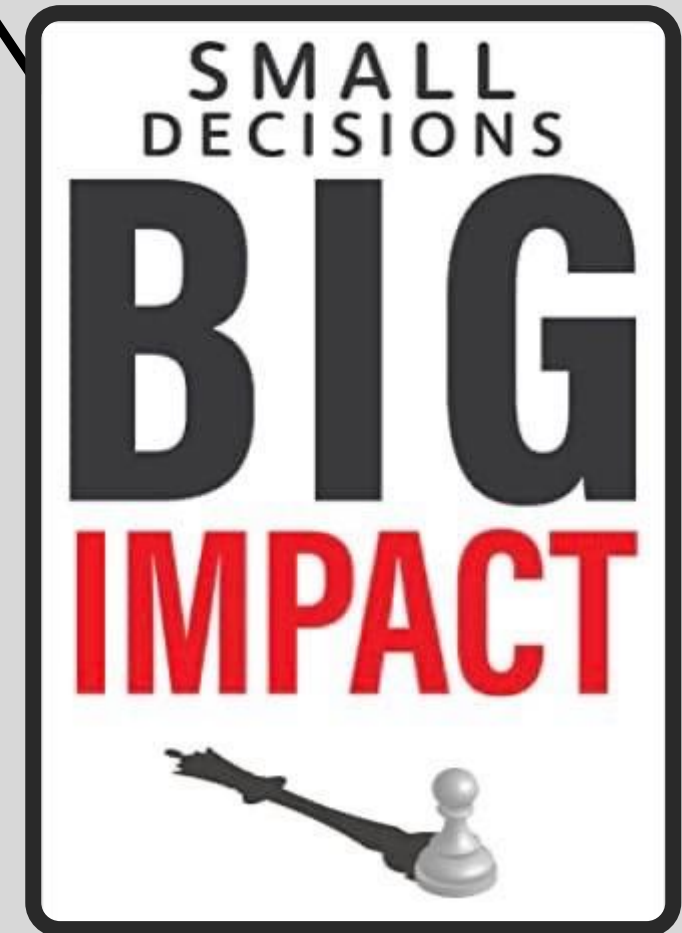
- Visualization is often used in setting and achieving goals, and you can apply the same concepts when you're learning how to become more decisive. Go through each option you have and visualize what can happen for each.



VISUALIZE YOUR OUTCOMES

# 3 MAKE SMALLER DECISIONS

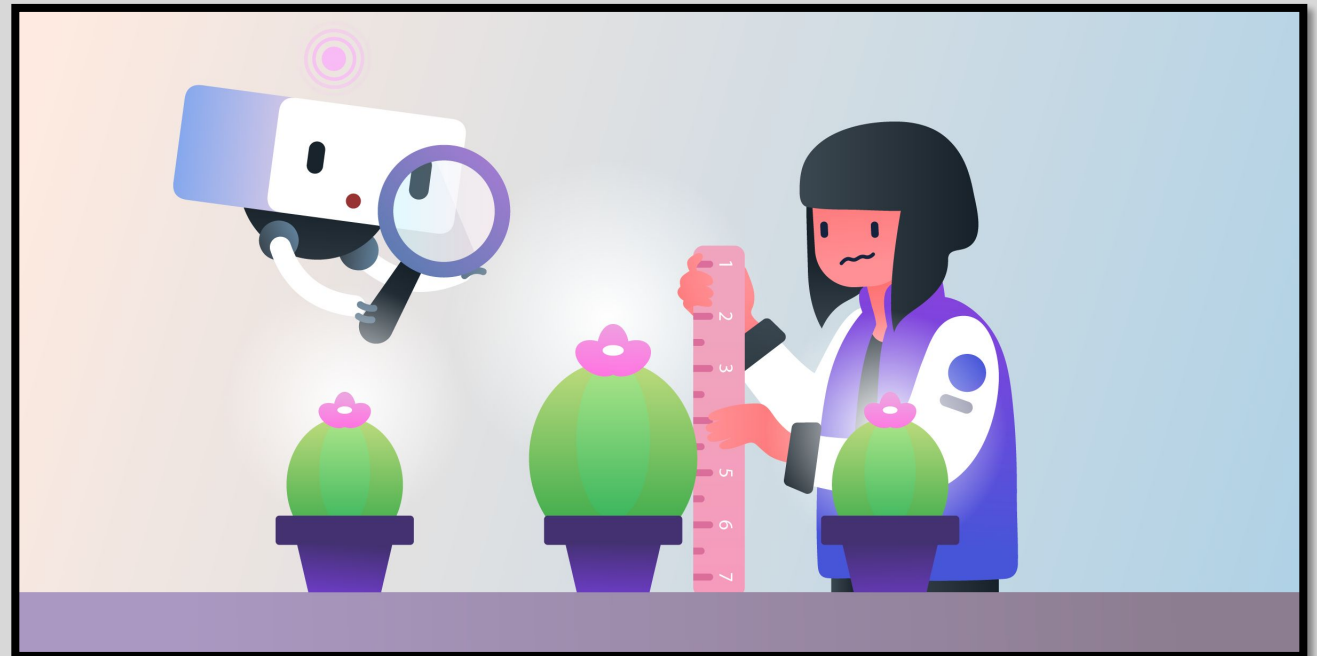
- Try giving yourself a time limit when you're making a big decision. Often, our early impulses are our best ones, and we often know what we want to do after just five to 10 minutes. However, if a decision truly does feel big, don't get stuck.



# 4. DON'T TRY TO BE PERFECT

- Instead of focusing on perfection, ask yourself how this decision relates to the big vision you have for yourself. Which option will get you closer to that goal? Can you accept the consequences if everything doesn't go as planned? When you stop thinking of them as life-or-death and think of them as stepping stones and learning experiences, the urge to make every decision perfect will fade.

**Don't try  
to be  
perfect**



# Conclusion

- stop overthinking and start practicing being decisive!

