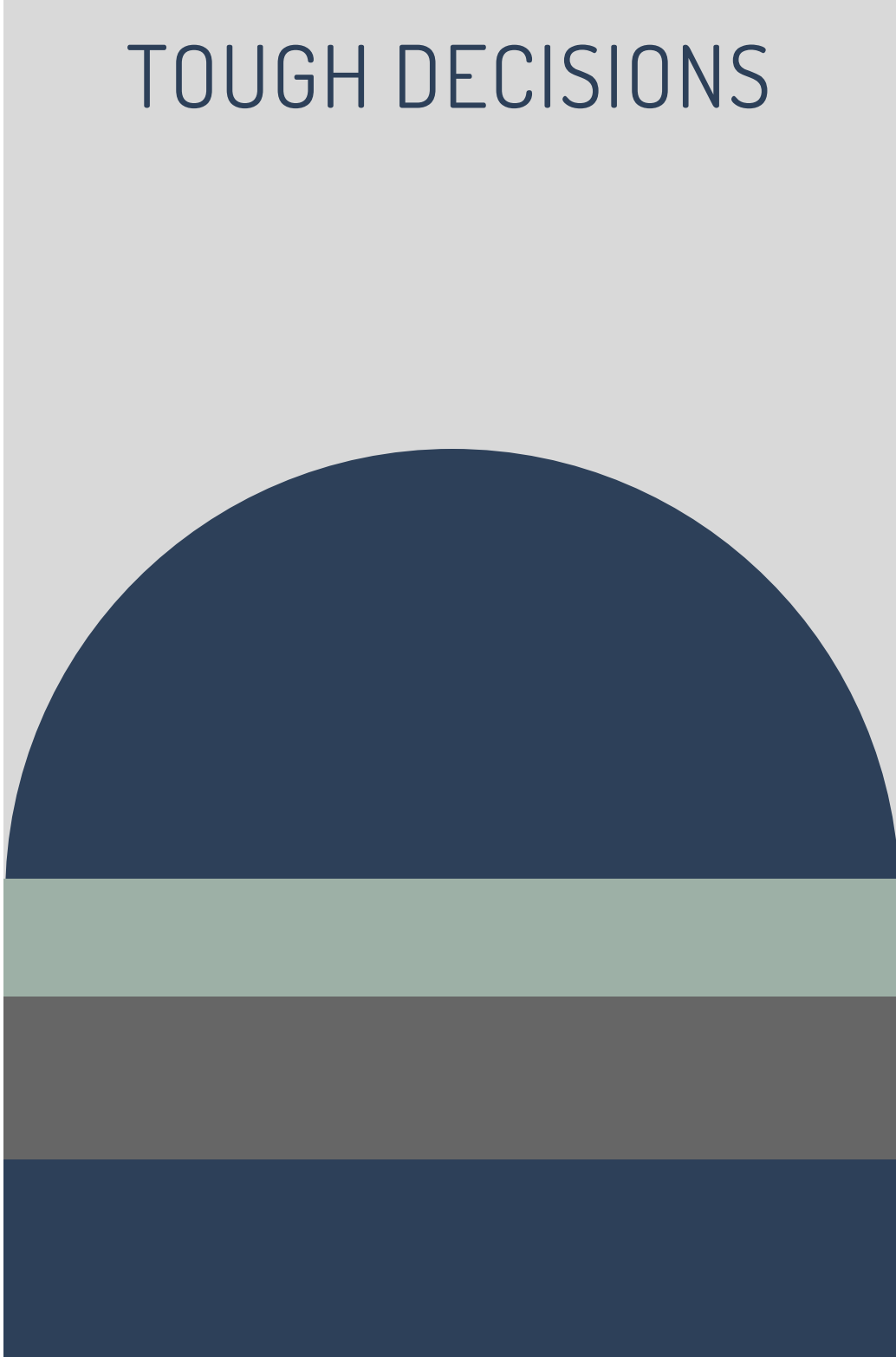


EASY STEPS
TO MINIMIZE
TOUGH DECISIONS



STEVE WITT

MATTHEW 5:37 THE PASSION TRANSLATION (TPT)

"A SIMPLE 'YES' OR 'NO' WILL SUFFICE."

Making decisions is as easy as one, two three. Right? Not always. We struggle daily with which shoes to wear or what cereal to eat. Our 21st century minds are cluttered with choices, thousands a day. I once read that prisoners when being released suffer great stress with simple decisions. While incarcerated, their choices were made for them. Now in the outside world, the tsunami awaits.

One of the most difficult decisions of my life was made instantaneously. I sat before a doctor in 2012, as he viewed my CAT scans. I had been treating a stage 3 Cancer for six years. Although incurable, it was treatable. More to this story later.

During that time, I learned quickly what big and small decisions were and how to navigate them. When your life is hanging in the balance with a daily potential of bad news, you learn to categorize quickly.

Much of what we worry about is minor. It can be a phantom pain that we worry about all day. It can be an imaginary potential tragedy with our children. It is vexing, tormenting, and can be debilitating. Here's what I do.

I immediately determine if it is major or minor. Spoiler alert! Most are not major. Move on impulse with minor decisions and save your otherwise wasted energy for the big ones...because they will come. Impulse is that "gut" feeling. Malcolm Gladwell wrote about this in his book, "Blink." The odds are in your favor when you move on impulse with minor choices. Your mind has been programmed over the years. Some might call it programmed wisdom. You are becoming a Yoda! You've actually learned some things over your life. Be encouraged!



The minor decisions are not costly, nor dangerous. They will not alter your life course. You can survive the occasional Fruit Loops over oatmeal. If impulse becomes a pattern over something that is unhealthy, then that's something different. Shape your impulses through ritual. In other words narrow your field of choices and build a track for better choices. Learn to establish patterns that automatically make the decisions for you.

I have a job that requires my shaping. It is not a nine to five job. I have control over my schedule, but I have to produce. Therefore, I have sectioned my days in half. I have done the same thing every Thursday morning for a decade. I prepare my message for Sunday. Every Tuesday afternoon I meet with people that I need to touch base with. Every Friday afternoon is a misc. segment for loose ends of the week. As a result, I seldom ever work on Saturdays. This was important when my kids were growing up.

Think, plan, schedule and create a rhythm. This will ensure a more peaceful life and solve questions in advance.

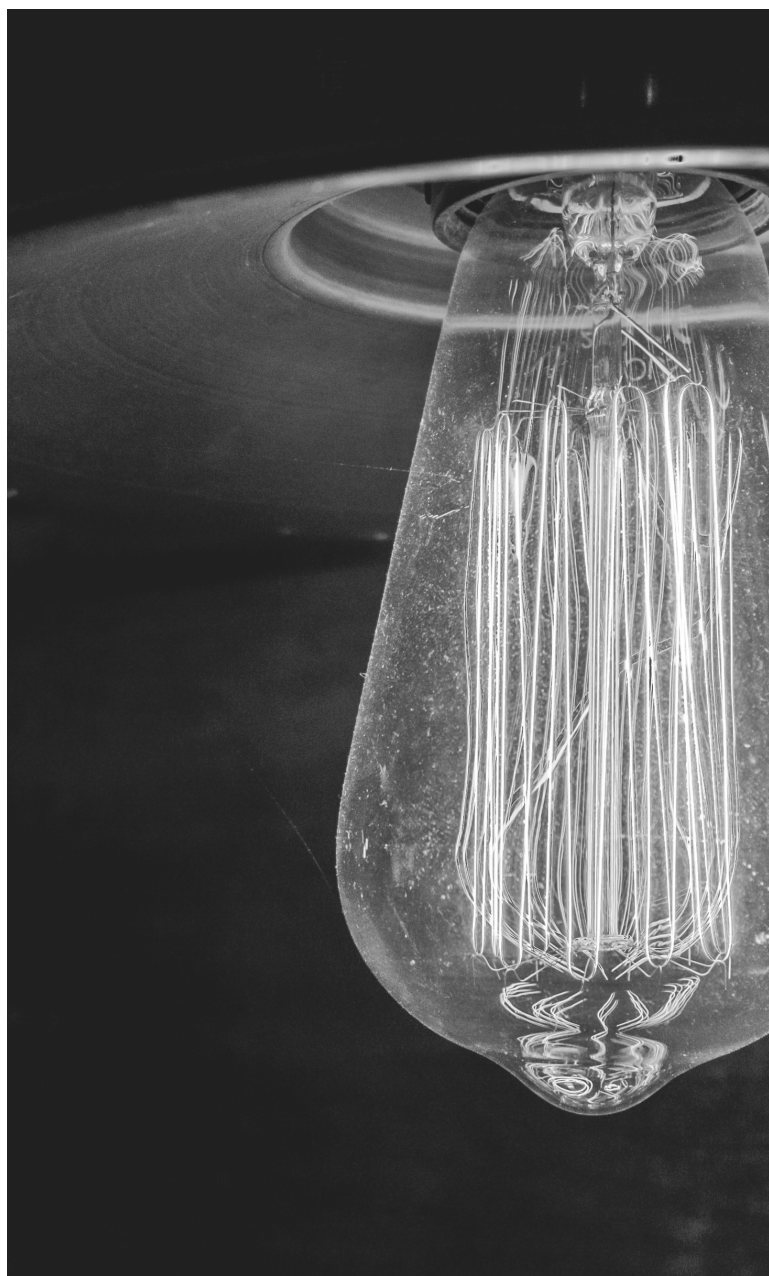
Tough Decisions demand thought and sometimes, if possible, time. If you are facing a big life decision like a health issue, purchase over \$1000, geographic relocation, marriage, and so forth, then you need to pause. You pause to assess the measurement of the decision.

- + How high and long and deep is it?
- + What are the outcomes of a wrong decision?
- + Am i willing to accept the consequences of a wrong, choice?

I then make an appropriate due diligence for the challenge:

- + What do I need to know?
- + Are there tools that can help me?
- + Who could help me with this choice?
- + What is my deadline on this decision?
- + Do I have the courage to make it happen?
- + What is the worst possible outcome and how could I improve on it?

I have been living these principles for decades. It has trained my mind. As a result, I can sometimes make major decisions as easy as small ones. I have walked this way before. I will not let my emotions rule. I will make a wise decision. I may have to do a little due diligence but in the end my decision will be quick and firm.





When I buy a car, I go in the showroom informed. I know the price of what I want. I can almost guarantee that if you go to buy a car uninformed, you will pay too much. I meet a salesperson and decide if they will be easy to work with. I never buy on the first visit. I walk out. I want my desire to cool slightly and the salesperson may need to cool also. I typically wait for them to call me...and they will.

I may be extreme, but on my last car, I shopped for two months, three visits and when I went in the final time, I made a swift decision. They showed me the car, I gave my price and was walking out within one hour. It was peaceful and fun. I got a great deal.

When I faced my Doctor, He told me that the cancer had exploded all over my body. I would require Stem Cell Transplant. I asked regarding my options. He said that this was the option. I quickly responded, "When do I start?" I had to qualify first. Five months of Chemo, multiple tests, three weeks in hospital, a month confined to my home and a slow recovery. It was grueling, but I have never regretted it. A life time of making major decisions allowed me to process quickly. Normally this could be a long painful choice.

It was easy to make the correct decision. The grace of God was on my decision and I'm healthy today, six years later.

Don't fret. Eliminate small choices by good planning and a quick affirmation. The big ones will bow to the sagacity of your soul, weighing, praying and standing with a strong Yes or No. May you live long and prosper.

**THINK
PLAN
SCHEDULE.
CREATE A RHYTHM.**