

## **Key Things to Consider Before Making Any Quick Decisions**

In our fast-paced society, we are bombarded daily with a myriad of decision-making opportunities. Certain are simple and seem to be of no consequence such as deciding what we'll eat at lunch time but others are more significant, with greater significance. Being able to think for you isn't just desirable but essential to survive.

Are there any tips that will help you make the right choices, and swiftly too? Here are a few:

Consider your overall goal. How will this decision affect your goal? It's important to always keep this in mind in making both large and minor choices. If one of your goals this year was to switch to a healthier diet, this will help you make your daily food choices. When making major choices, such as changing job or moving to a brand new city, keeping in mind a primary goal of, say having more time with family members or making more money will guide you into quickly working out the most effective decision for you.

### **Take Into Account All Details Available**

Facts are vital to making an informed decision. The more you know regarding an issue and the more simple it will be to make an informed decision. Knowing the curriculum offered at the school you're thinking of can help guide you in selecting the most suitable postgraduate program. So, it is advisable to get as much information as is available before making a decision. Browse around this website to find out additional resources on [roll d20](#).

### **Take A Look At All the Options Consider the Pros and Cons**

Run them through your thoughts when you need to make a decision quick. Be aware of the consequences and the impact of each decision. Are you the only one affected or will other people be affected by your choice? If others are affected, are they required to be informed? Imagine a colleague at work who sends you an offensive message. You could, a) respond in kind or, b) respond professionally. Which one has the greatest negative consequences? How does it impact your company's main objective? The process of elimination can be a valuable tool, so eliminate of any options that have negative effects or do not align with your primary goal. This will limit your options, and might make you have only one alternative. This will make it simpler to [make a decision](#).

### **Take the Plunge**

Your available options should have been significantly narrowed by now, so pick the best one and commit to it. Don't dwell on the other alternatives you missed as it can only lead you to regress.

You might want to take some extra steps in case you have the time.

It's better to get it checked by another person. A common saying is that two heads (good or bad) are better than one. A trusted family member, friend or colleagues may see your blind-spots and help you assess the situation.

Pointing the things you may have missed. You may not always hear them but if you are listening to yourself, you'll start to look at the situation in a different way and take the right choice.

### **Make a list**

Like talking to yourself and writing down your thoughts makes it easier to see things in a clearer way. Write down every option you have and create a pros and cons list for each option. This can help you to see the situation clearly and make it easier to choose.

You can sleep on it. Sleep is a powerful "medicine" that helps the body and mind. Stress and excessive thinking can cause your brain to become unable to make good decisions. In such cases getting a good night's rest can make a big difference. A rested mind will wake every morning refreshed to take a decision and analyze the situation. Even a 30 minute nap in the middle of your day could help, especially in the event that you don't have the luxury of waiting for the next day. Have you noticed how your computer may become slow or even unresponsive? A simple shutdown/restart will restore it to its normal state. This is exactly what happens when you have your "supercomputer" brain.

### **Take an Afternoon Break**

If you are unable to sleep, try taking a moment to step away from the issue. Stop thinking about it and engage in something else like reading a novel, cooking or playing a sport, taking a walk, or watching a movie. Studies have shown that giving your brain the chance to think about an issue while doing other things can help it find an answer. Your "aha" moment might occur while you are grilling kebabs.

Set a timer. It's true that you do not want to make decisions in a hurry particularly ones with major implications, but you don't want them to take too long. The stress of thinking about the issue can cause "decision fatigue" or indecision. This is particularly true if you are one who performs well under stress.

### **You Can Trust Your Gut**

Sometimes it comes to your gut. You've looked at all your possible options and performed all the things you're supposed to do however you aren't able to make the "logical" decision. All you've got is an instinctual feeling. Trust it, go with it. Your subconscious could be noticing something you're unable to express and point you to the proper direction.