

Decisions, Deci

'Remember...not making a decision is still a decision'

by Bev James

Our life is the sum total of the decisions we have made so far. Each of us will make hundreds of decisions and choices everyday and, cumulatively, they have a powerful impact on our success and the direction our life takes.

Our past decisions dictate where we live, the friends we have, our food choices - which impact our weight and health, the relationships we choose, either good or bad...in fact, everything is a result of the decisions we have made so far.

During my work as a mentor with successful business people and Olympic athletes, I see time and time again, the behaviours that have led to their success. They have the ability to make focused and effective decisions that take them single-mindedly in the direction of their dream and their goal.

Some people seem to be born with the drive to succeed, whilst others develop it more slowly. I believe that everyone has the ability to get to the top, provided they want it enough.

Making good decisions depends on having a clear idea of where you are now and where you are headed, you need to be clear about what you want to achieve.

Take a few minutes to consider:-

- 1 What decision would make the biggest difference to your life right now?
- 2 What are you tolerating or putting up with? What will it cost you if you don't decide to take action?
- 3 How would your life be different if you had the discipline to follow through on your goals?
- 4 What will you regret not doing?

Very often, it's our immediate gratification decisions that take us off-track. Wanting to be your ideal weight versus wanting to have a nice piece of cake; getting a takeaway rather than cooking a healthy meal or needing to make a sales call and wanting to phone a friend for a catch-up.

Consider what strategies you can put in place to limit your daily de-railers?

Other decisions can be made based upon emotion.

Our bodies 'fight or flight' response can cause us to make decisions based on how we feel rather than logic. With this in mind, are there any opportunities that you secretly dream of, but in reality may turn down because you don't feel ready or

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would be fearful? If we really want something, the least we can do is prepare for it. Consider if you need to invest in training or coaching to help you make the most of opportunities when they present themselves to you.

If you're confused you can't choose.

Sometimes having too many choices and options can work against us. It can feel as if you are stuck at a crossroad not knowing which way to turn.

You may possibly have several ideas for starting a new business and can't decide which one to do? When this happens get things out of your head and on to paper. Make a list of all possible options and work out the pros and cons of each one. Working with a coach or friend can help you to gain clarity and give you a new sense of purpose and direction.

Life is for living – and for achieving. We owe it to ourselves to be the best version of ourselves we can possibly be. Sometimes that means deciding to ditch things that are not working in our lives as well as having the discipline to stick to the decisions we have made. It is also having the courage of our convictions, to 'do' the things we are passionate about and having the self-discipline to stay on track.

Remember choosing not to decide is still a decision.

Commit right now to maintaining the discipline to follow through.

When you become a person of action your destiny is assured.



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