

LEAD WELL

KNOWLEDGE

FEAR OR WISDOM

SUMMARY

There can be two things at play pulling at your decision-making ability whether in the professional or personal realm. A tension if you will between thoughts of:

Is this the wise thing to do?

Or am I just afraid?

REFLECTION

When discerning between playing it safe or taking a risk it takes courage to acknowledge the different outcomes and make a decision. If you play it safe you might miss out on something really special. If you take a risk it could mean rough consequences. How can you work to make decisions from a wise place versus a fearful place?

ACTIONABLE ITEMS

- Write out the story that is in your head regarding the decision - the 'what if's' that may be present.
- Evaluate how you are thinking about each area - are you in fight or flight mode or are you in critical thinking mode.
- Give your mind a chance to get past the initial protect mode with some time for your critical thinking to weigh in versus making quick decision.