

# LEAD WELL

## KNOWLEDGE

### WHY ARE DECISIONS SO HARD?

#### SUMMARY

Often the obstacle to making a decision is that there are actually multiple decisions that have to be made BEFORE you can actually make the decision. Instead of one decision, you are facing several decisions. Trying to figure them out in one lump sum just won't work well. Instead, think through all the decisions that have to be made in order for you to make a wise decision. Tease out those nuances and tackle them one at a time to get traction to making the final decision. EX: Family vacation. What comes first for your family: Finding a good date on calendar for everyone or finding a good place? Where is your flexibility - dates, cost, location, type of accommodations?

#### REFLECTION

What does it feel like for you when a decision needs to be made yet it feels overwhelming? Do you want to give up? Do you decide to quit and deal with any possible consequences later? Do you actually go to a mentor or supervisor for perspective and help? How do you operate in these situations? Are there any areas where you might adjust your strategy to make better decisions?

#### ACTIONABLE ITEMS

- Write down a decision you have in front of you that feels really hard.
- Think of any other possible other decisions you have to make before you can make this one.
- Create a plan to tackle each of those decisions. What information do you need? Where can you find it? How can you make sure it is good information? Who can help you?