

The upside of making a decision



Decisions are like having blinders. Blinders give you a narrow visual focus so you don't get distracted by anything extraneous and guide you to the final destination. The decision making process is designed to keep you focused on what's relevant and guide to a final decision. It seems it's all about the process and the final choice.

Decisions and decision making is serious business. It's so serious that next to problem solving, your brain requires an inordinate amount to energy to arrive at a result. And, just as soon as one decision is made there is another waiting in the wings demanding your attention.

It seems we're caught in the unending hamster wheel of decisions. But, **lets just interrupt for a moment** an appreciate the upside of all of the decisions you have made and will ever make.

I know you've haven't thought of there being an upside to making decisions, however **here's ten reasons that should make you feel better.**

Reason #1: demonstrates that your brain is still functioning. Now, you may think this is ridiculous but it's a big deal in determining whether your brain has been damaged by disease, illness, trauma, concussions, dementia or Alzheimer's. So, it's good to know things are still working.

Reason #2: reveals over time your ability to deal with more complex issues and resolve them. This is a reflection of the development and growth of your intellect.

Reason #3: charts the course of your life whether you are aware or not. You are also in the position to change the course of your life at anytime by the changing the types of decisions you make.

Reason #4: provides the opportunity for new learning, critical thinking, problem solving, and expanding imagination and creativity.

Reason #5: reduces uncertainty and increases self-sufficiency and self confidence.

Reason #6: defines who you are through your values, belief and attitudes

Reason #7: offers relief and reduces stress and anxiety once they are made

Reason #8: indicates a greater willingness to assume responsibility in personal and professional endeavors

Reason #9: removes barriers holding you back and lets you to move forward and take advantage of more opportunities.

Reason #10: increases your decision making experience and allows for making even better choices in the future.

So, take your blinders off and enjoy your decisions.