

decisive

having or showing the ability to make decisions quickly and effectively



**CareGivers
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Home Healthcare Services

When you make a decision and truly commit, you can overcome every obstacle. By committing to a decision, you are making a statement. You're telling the world, "This is how it's going to be."

We can get so caught up in the desire to make the *right* decision that we end up making no decision at all. Learning how to be more decisive, however, takes effort and a level of commitment all its own. How many times have you thought to yourself, "I'll do this," only to second-guess your decision, eventually backing away from making a decision at all?

Why is being decisive important? Assessing information coupled with the capability to make a decision based on the available information is critical to building personal credibility and fostering trust.

What makes a decisive person? Being a decisive person isn't about always being right. It's about knowing that *even when you're wrong*, you will come out a better person. You will learn a lesson, feed your mind and get back up and keep going. That's why the number-one trait that makes a decisive person is *confidence*: a deep belief in themselves and their abilities.

HOW TO BE MORE DECISIVE? The good news is that decision-making is a skill you can practice:

Overcome your fears. Here's a secret: If you're wondering how to become more decisive, you're probably held back by fear. How can you break this negative pattern? Be open to change instead of fearful of it. Acknowledge that life itself is always changing, and that by making a decision, even when you're uncertain about it, you are taking control of your own life.

Visualize the outcomes. Go through each option you have and visualize what can happen for each. Don't just think of negative outcomes – think of positive as well as neutral outcomes.

Find a mentor. Often what's keeping us from making a decision, especially in business, is that we feel like we don't have all the information we need. One thing that can help you stop overanalyzing and feel ready to make a decision is to collect that information.

Don't be shy about asking questions, reaching across the aisle and seeking out different opinions. The more information you have, the better prepared you are for all outcomes.

Set bold goals. Goals are good for your brain. They give you something to work toward, and tend to make you feel more inspired than if you didn't have goals, especially if you tell those around you about them. Don't be afraid to dream big. Think of something you have always wanted to achieve for yourself. Chances are fear was holding you back. Make it your mission to move forward boldly by being decisive and setting yourself up for success.