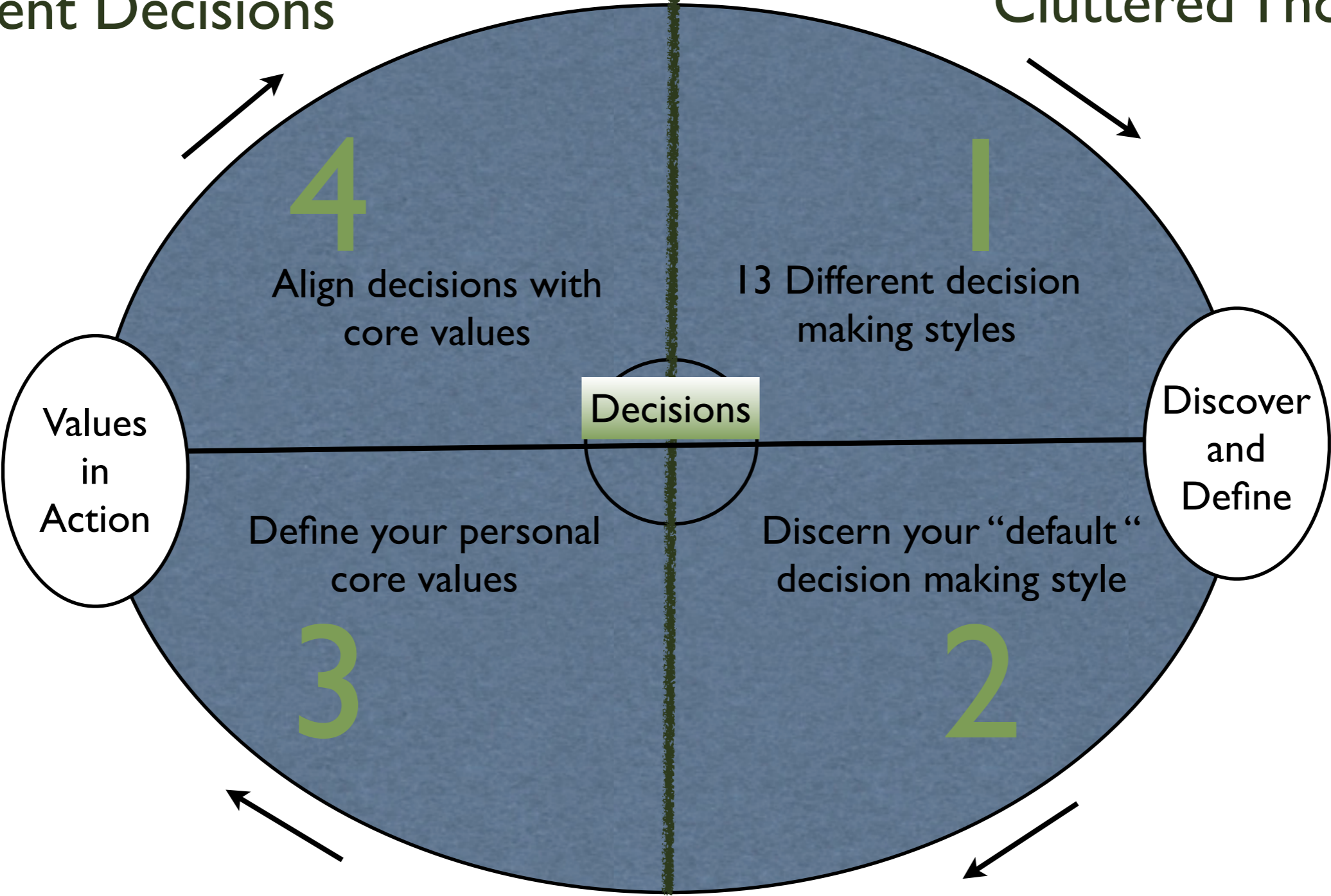


# Say Yes to the Best - Simplify Your Life with Good Decisions

Confident Decisions

Cluttered Thoughts



# Say Yes to the Best - Simplify Your Life with Good Decisions

What decisions do you face this week?

Any offers that end soon?	Any unsettling situations that you are tolerating?
Any smaller decisions that pile up and weigh on your mind?	

*As you think about the decision you face, which of these styles do you find to be your “default”? Which of these questions come to mind first for you?*

**Rating on Scale of 1 to 4, 1= rarely, 2= sometimes, 3= often, 4= always**

[Thirteen Decision-Making Strategies (from the book “Coaching Questions” by Tony Stoltzfus)]

- \_\_\_ 1. \_\_\_ “What are the pros and cons of pursuing each option? Which is most advantageous?”
- \_\_\_ 2. \_\_\_ “What is your gut saying? What feels right to you?”
- \_\_\_ 3. \_\_\_ “How will this course of action affect the people around you? Who will benefit, who will be hurt?”
- \_\_\_ 4. \_\_\_ “How do the key principles and priorities you live by apply here?”
- \_\_\_ 5. \_\_\_ “How well does this decision align with your passions, your values, and your calling?”
- \_\_\_ 6. \_\_\_ “What approach would most quickly lead to a decision here?”

# Say Yes to the Best - Simplify Your Life with Good Decisions

[Thirteen Decision-Making Strategies (from the book “Coaching Questions” by Tony Stoltzfus... Continued)]

7.          “What decisions could be left open to allow for new information or options? What things must be decided now that cannot be put off for later?”
8.          “What does your spouse think? How about some key friends or advisors?”
9.          “What do your team members think? What would happen if you decided as a team?”
10.          “What decision would best align with your faith? What is God saying to you on this?”
11.          “What fears or inner drives are influencing your response? How could you remove those things from the equation so you can make a better decision?”
12.          “What would it cost in terms of time and resources to do this? What would it cost if you **don’t** do this? What’s the cost if you don’t decide or let circumstances overtake you?”
13.          “What is the payoff for each option? The risk? Can you live with the worst-case outcome? What steps could minimize the risk if you went with this?”

*My “default” decision making style(s) \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_*

## Personal Core Values

from the book "Coaching Questions" by Tony Stoltzfus

### Characteristics:

Values are Passionate \_\_\_\_\_

Values are Unique \_\_\_\_\_

Values are Lived \_\_\_\_\_

Values are Concise \_\_\_\_\_

*My top three personal core values are:* \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

# Say Yes to the Best - Simplify Your Life with Good Decisions

Decisions you face this week;

Still undecided, unsure of what to do

Decided, know what I need to do

Align decision with personal core values

- \* How would someone who greatly values (your personal core value here) act on or respond to this situation?
- \* Who are you becoming through this decision? How is this shaping your identity?
- \* What can you learn from this process about becoming a great decision maker?

Put it into action

- \* I've decided \_\_\_\_\_
- \* I am going to \_\_\_\_\_
- \* Time frame \_\_\_\_\_

## Weekly Motivational Email Series

Monday - "Moving Motivation" - Connect with underlying meaning and move out of the mundane  
Wednesday - "Maintaining Momentum" - Make it last, tools and tricks to tap into hidden energy sources  
Friday - "Wrap it up and Give it away" - Tips for delegation and "changing gears" to make a timely break away

*3 weeks of practical tips to inspire and motivate  
Delivered every Monday, Wednesday and Friday*

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