

How to Decide When to Let Go and Move On

Not all decisions are 'snake-eyes' and easy to make. This strategy can help you gain clarity without taking big risks or leaps of faith.



There are times in all our lives when we are not happy with what's going on.

It can be with our work, our relationships, our health, or our finances.

Only you can identify when you are in the unsatisfactory position of having to decide.

If I stick it out for a bit longer, will it get better?

If it gets worse, what is the outcome likely to be?

No one can decide for you as it is always personal and depends on your appetite for risk vs reward.

Here are a couple of tips that may help make the decision clearer for you.

Take a sheet of paper and draw a line down the middle.

At the top of the sheet, write the decision you wish to clarify.

On one side, write For. On the other side, write Against.

Fill in each side with every argument you can think of for and against the decision you wrote at the top.

Often the tally is weighted more one way than the other, and the decision becomes much clearer.

Sometimes that isn't the case.

When you are in that situation, add on the For side the best-case scenario you can think of.

On the Against side, add the worst-case scenario you can think of, then add a number between 1 and 10 on the likelihood of either coming true.

I have found that this activity really helps clarify an awkward situation.

Try it out, and let me know what works for you.

Brent.

Checklist

- ☐ Take a sheet of paper and draw a line down the middle.
- ☐ At the top of the sheet, write the decision you wish to clarify.
- ☐ On one side, write For. On the other side, write Against.
- ☐ Fill in each side with every argument you can think of for and against the decision you wrote at the top.

If the decision didn't get clearer, do this...

- ☐ Add on the For side the best-case scenario you can think of.
- ☐ On the Against side, add the worst-case scenario you can think of.
- ☐ Add a number between 1 and 10 on the likelihood of either coming true.

Decision Making Tool

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<u>For</u>	<u>Against</u>