

# How to make decision-making feel easier

This info sheet has been created in collaboration with Victoria Joy, an actual goddess when it comes to channeling ease, bringing clarity and finding consistency. Victoria is a coach and asks an abundance of powerful questions as well having a social media back-catalogue packed full of practical tips. You can find more from Victoria on her [website](#), [Instagram](#) or [LinkedIn](#).

Whether it's standing in front of your fridge unable to choose what to have for lunch, spending hours every day researching the best buggy for holidaying with a toddler or feeling paralysed with anxiety around what your next career move should be, fear of making decisions - big or small - can not only steal masses of time and energy from your days but it can keep you stuck in a routine, job and life that isn't serving you or making you happy.

No-one teaches you in school how to make good decisions, and lots of people say trusting their gut and owning their choices becomes harder as you get older, busier and have more people depending on you.

But taking the overwhelm and fear out of decision-making, especially when it comes to the daily choices that don't really deserve the energy you give them, can free up your time and headspace to spend on the things, hobbies and people you love.

Here's three questions that can help you get more clarity around the choices you're making and help you stick to your guns.

## What problem am I trying to solve?

Identifying the issue you're seeking a solution for, before trying to explore options or actually make a decision, can help you get much clearer on what you want the end result to be and in turn make the choice feel so much easier.

Getting crystal clear at this stage means the associated actions you step out to take will be focused and you're more likely to stick to them - and get the result you're after.

## **Will this matter in a months time?**

**So often we get bogged down in the day-to-day stuff that feels big in the moment but in the grand scheme of things doesn't really have a big or meaningful impact on our lives. Ask this question to zoom out and give you a reality check on how important the decision is, so then you can decide how much time and thought it genuinely deserves.**

**The answer may well be 'yes' and that's insight in itself - it can help you drive an action right now that you've been putting off or in those moments when you're questioning if you're any good at prioritising, this is the part that will help you do just that!**

## **What would I tell a friend?**

**We tend to treat other people with more kindness, compassion and patience than we give to ourselves, but that negative inner voice - whether it's doubting your decision-making ability or belittling the choice you want to make - isn't doing you any favours. Try to pause and consider what you'd tell someone you love if they found themselves in your situation, knowing you have their best interests at heart and will cheerlead them in their efforts.**

**If you're living in your own head it can be hard to see this one through, so writing it down in as much delicious detail as possible or even voice noting yourself so you can actually hear it out loud can be the key to unlocking some of those all important insights.**