

Decision Making - A Successful Decision Includes Action.

Making a decision without taking appropriate action is no decision at all. There is a huge difference between deciding to do something and actually taking action to get the thing done.

"Remember, a real decision is measured by the fact that you've taken new action. If there's no action, you haven't truly decided." Anthony Robbins

We all know folks who make the same New Year's resolutions year after year and yet nothing changes. Perhaps you fall into that category. If no consistent action is taken, things will remain the same. People choose to create new circumstances for themselves or they let things happen to them.

If you follow your decisions with actions, they will be greeted with success. Make the decision to go forward and then adjust your decision along the way - making it right as you go.

"Sometimes you make the right decision, sometimes you make the decision right." Dr Phil

Do not cause yourself extra headaches and problems by worrying ahead of time, about how all the details will be worked out.

Also, be careful not to fall into the trap of wanting microwave results or falling victim to discussions of why things cannot be done.

One of the problems in our society is that we have grown to fear making mistakes, rather than seeing the error as simply feedback and information to use, in adjusting our course. This fear of making a mistake is frequently so strong that we get into paralysis by analysis, when attempting to make new decisions. We spend all of our time getting ready to be ready, in order to do what we anticipate doing. The time goes by, and once again nothing gets accomplished.

There is no such thing as failure until you make the decision to quit. Then you have made a decision to fail.

Perhaps the fear you hold is the fear of success. You may be subconsciously worried about how your friends and family will react to you if you change, grow and achieve what you desire. In that case you might be sabotaging your own desired results by holding back on making the decisions that would allow you to advance.

The monkey chatter in your head may sound like this?

Should I quit or should I stay?

Do I love him/her or do I leave?

Do I watch T.V. or do I exercise?

Do I say it or do I keep my mouth shut?

Do I start a business or do I stay at my job forever?

Indecision causes internal conflict and can lead to ambivalence.

It is the one factor that has cost people more than they will ever know.

"Indecision is debilitating; it feeds upon itself; it is, one might almost say, habit-forming. Not only that, but it is contagious; it transmits itself to others."

H. A. Hopf

Indecision leading to ambivalence is a symptom of something deeper. If you cannot make a decision on things that are important to you, you may want to explore the area of self-esteem.

People who can make decisions and adjust their course along the way have a strong sense of self-esteem. They are not afraid of making a mistake. Should they make one, they simply pick themselves up and keep going.

What is your indecisiveness costing you?

It is important to remember that you are to make the decision where you are at this moment, in space and time, with the knowledge and tools you currently have. When you decide not to act it may seem like you are protecting yourself, but in reality you are starting to suffocate. Like nature, if you are not growing you are dying.

One of the most valuable lessons I have ever learned came from Mr. Bob Proctor, the grandfather of personal development himself. He says, " There was some discussion about money around me. I pointed out that money had nothing to do with it. Once you make the decision you will find the money ... every time. If that is the only benefit you receive from this particular message on decision-making, burn it into your mind. It will change your life. I explained to two of these people that I never let money enter my mind when I am deciding whether I will or will not do something. Whether I can afford it or not is never a consideration. Whether I want to or not is the only consideration. You can afford anything; there is an infinite supply of money. All of the money in the world is available to you, when the decision is firmly made. If you need money, you will attract it.

I am well aware there is any number of people who will say that the above is absurd - that you can't decide to do something if you do not have the necessary resources. And that's fine if that is the way they choose to think.

To me that is a very limiting way of thinking. In truth, it probably is not thinking at all ... it is very likely an opinion that was inherited from older member of their family who did not think either.

Thinking is very important. Decision makers are great thinkers. Do you ever give consideration to your thoughts and how they affect the various aspects of your life?

Although this should be one of our most serious considerations, for many people it is not. There are only a small percentage of folks who make any attempt to control or govern their thoughts.

History shows us that all great leaders have one attribute in common and that is they do not make the mistake that 97% of the people do - which is letting circumstance dictate their actions.

Circumstances can and may cause some delays or detours but they should not be permitted to stop you from going forward. When the decision is made to go forward, the how will show up. People will be inspired and the answers they seek will appear. Ways will show up where there were none. Believe....

Taking the responsibility to make decisions that are right for you, and following up on these decisions with actions, will actually clear your mind of clutter. It will bring you a sense of peace and you will start seeing some successful results.

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