

McNally & Associates

LEADERSHIP REFLECTIONS

Making Good Choices

According to Wikipedia, making a choice consists of the [mental process](#) of [thinking](#) involved with the process of [judging](#) the merits of multiple [options](#) and [selecting](#) one of them for action. Everyday you are confronted with choices. These may include choices about how you care for yourself, interact with others, and manage work situations. Every choice you make brings you closer to or further away from your purpose, values, and goals. Every choice, when looked at from this perspective, becomes critical. When you're stuck, you may not see enough choices for yourself. When you're overwhelmed, you may have to limit your choices.

Next time you find yourself confronted with making a choice, try the following exercise. This activity can help you make a choice that will lead to a desirable result — one that is consistent with your personal values and life purpose.

Ask yourself the following questions:

- What result do you want?
- What would need to exist to have that result?
- What choices would you have if you . . .
 - thought of yourself as a risk taker?
 - believed in yourself?
 - were willing to do things in a new way?
 - didn't care what people would say?

(Adapted from: Be Your Own Coach, Barbara Braham and Chris Wahl)

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