



**How to make  
decisions when  
you're stuck.**

**NORTHEAST**



**Do you ever find yourself holding off  
on making important decisions?**

**We've helped many of our clients through  
this feeling and find that what's most  
needed is clear framework to thoroughly  
consider the problem, decide confidently  
and move forward.**

**Decision making is a critical skill to  
progress our lives, so we've put together  
some simple, effective tips that empower  
our clients to alleviate this feeling and  
move forward with more confidence and  
clarity.**

# 01

## Give yourself a break

Let's be honest, feeling uncertain sucks. It often leaves people feeling helpless, and can induce negative self-talk which ranges from unproductive to downright harmful. It's important to remember that everybody goes through uncertainty in their lives, and it's a very normal feeling.

Indecision in one area of your life will often create indecision in other areas, so start with a conscious choice to let any negativity go and have an 'intentional reset'. This will allow you to move forward with a positive mindset and make the best decision.

# 02

## Get Clarity

Take a step back and ask what you were trying to achieve in the first place?

Any decision – or indecision – comes about because of the need for change.

Some changes are forced upon us, like redundancies or unexpected health issues. But mostly, we make decisions with the goal of either improving our situation or avoiding an undesirable outcome.

People often get too caught up in the problem they are facing without having spent enough time specifically on what they are looking to achieve.

For instance, someone may be stuck not knowing what steps are needed to ensure a comfortable retirement, but haven't actually defined what a 'comfortable retirement' means.

Does this mean 'having no debt, ongoing income of \$70,000pa and a \$20,000 yearly budget for international holidays'? Or something completely different?

Looking past your immediate problem to specifically define what you're looking to achieve is an integral step to ensuring that you will make the best decision. If you're still feeling unsure, this is where we come in – it's our job to help you to unravel all of this and give you the clarity you need.

# 03

## **Address what's making you stuck and rationalise the problem.**

By now you should be feeling a real sense of progress as you work through the uncertainty. You may also be feeling a little relief that you can again look at the problem with a clear mind.

It's now time to address what's truly getting in your way. In our experience there's only a few main reasons why people get stuck.

- 01. Not knowing how to get started.**
- 02. Fear of making a wrong decision.**
- 03. Not trusting yourself enough.**
- 04. Procrastination or unnecessarily deferring a decision.**
- 05. Knowing that action will require you to leave your comfort zone.**

This step can be confronting, but it's critical to remove the emotion from your situation and be honest with yourself. This will give you the best opportunity to successfully move forward.

Talking your problem through with someone can help you to refine your thoughts and help you feel more confident.

# 04

## Fix the reason you're stuck

The steps above should have helped you to refine what you want, and address what's been blocking you. You've thought hard about why you're uncertain, and now it's time to fix it.

Some of the reasons above may require that you seek professional advice. Alternatively you may feel that you can do it solo, which will require you place 'making a decision' as a very high priority to avoid further procrastination.

Whatever your next step – make some decisions now.

It's important to recognise that you don't need to seek perfection. Just focusing on improvement, perhaps by taking some small steps, is likely to create far better outcomes than doing nothing.



# 05

## Take action

It's go-time. Back yourself and execute on your decision. If it doesn't work out, you can go back to the drawing board, but you'll have learned something in the process and can pivot to better resolve the problem.

Too many decisions remain unresolved because of people's inability to take action. You may not know the perfect solution, but if you've decided that you don't need support and wish to go it alone, it's time to start trying things.

# 06

## Set a deadline

This is a critical step to keep yourself accountable and maintain awareness of your progress. Set firm deadlines around when you can expect to see positive changes as a result of the action you have taken.

If you don't observe meaningful improvement, it's time to change your course.



**Feeling indecisive can be overwhelming, but the long-term cost of inaction is far greater.**

**Have faith that your journey is going to move you toward your chosen goals, and get started.**

**Need a team behind you? Get in touch.**