



LIFE COACHING

CERTIFICATION
PROGRAMME

*Step 1: Make a
Decision to Change*

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STEP 1: MAKE A DECISION TO CHANGE

Making a decision to change is the first step that ideally your clients will have taken before even coming to you as a life coach. This worksheet is one that you can use with clients to help them take that first step towards change if they have not done so already, or which will help them to understand the importance of their decision making moving forward.

Most people don't realise the profound effects of making decisions. Often, we go through life completely oblivious to the thoughts that we are thinking and the actions that we're taking.

Every single decision that we make in a day shapes our current reality. They shape who we are as people as we habitually follow through with the decisions we make without even realising it.

If we're unhappy with the results we're getting in life right now, making the effort to change how we make decisions (starting today) will be the key to creating the person we want to be and the life we want to have in the future.

Here are a few ways you can go about making life-changing decisions:

1) Realise the Power of Decision Making

Before you start making a decision, you need to understand what a decision does.

Any decision that you make causes a consequential chain of events to happen. It's important to understand that making a decision means agreeing and accepting the consequences that follow. In realising the power of decision making, you'll gain more clarity and become more successful in making decisions.

This will also help you 'predict' the future. If you're aware of the consequences that might arise, you are more likely to make healthy decisions that support your goals.

2) Follow Your 'Gut' Instinct

We often take too long to make a decision because we're afraid of the outcome. We can spend a long time carefully planning, analysing and considering the pros and cons before reaching a decision.

This can be a very time-consuming process. Instead, learn to trust your gut. Our gut instinct is usually the right decision or the one that we truly wanted to go with.

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Even if we end up making a poor decision, going with our gut makes us more confident decision makers compared to those who take all day to decide.

3) Follow Through With Your Decisions

When we make a decision - act on it! Commit to making a real decision.

What is a real decision? It's when we decide on something, and then follow through with action. It's pointless if we make a decision and play out the scenario in our mind but fail to act and actually do anything about it.

That is just the same as not making a decision at all. If we want to make real changes in life, we have to make it a habit to apply action to every decision until it's completed. As we practise this, we'll feel more confident with following through on the next decision that arises.

FOOD FOR THOUGHT: Whatever decisions we make, we must prepare for all possible outcomes. We have to weigh the consequences of our choices against our goals. Otherwise, we can feel as though we're constantly blindsided by life - however the truth is we just continue making poor choices.

4) Maintain a Flexible Approach

This may sound counter-intuitive - but making a decision doesn't mean that we can't be open to other options. For example, let's say you made a decision to lose ten pounds over the next month through cardio.

If another option becomes available, you don't have to just stick with cardio; you could be open to losing the weight through different methods of dieting as long as it helps you reach your end goal.

Rather than being stubborn in your approach, embrace any new knowledge that brings you closer to accomplishing your initial decision.

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5) Learn From Your Past Decisions

Learning from the decisions we've made in the past can be an excellent platform to base our future decision making upon. If we consider our past successes and failures, we can ask ourselves questions like: 'What can I do differently, this time, to make it work?'

The truth is we will mess up at times when it comes to making decisions and instead of beating ourselves up about it, we can choose to learn something from it. Ask ourselves - what was positive about the decision I made? What was negative about it? What can I learn from it so I can make a better decision next time?

FOOD FOR THOUGHT: If you want to see your past, look at your present life conditions. If you want to see your future, look at the actions you're taking today!

6) Get Excited About Making New Decisions!

Enjoy the decision-making process - many people don't! Although decision-making might not be the most enjoyable thing in the world, when we begin to practice it often, life becomes a game of opportunity.

We'll learn a lot about ourselves on the way and become a lot more confident within ourselves and around others. Making decisions will become a lot easier through practice to the point where we won't even have to think about it.

Any decision we make from this point onwards has the potential to affect our lives profoundly. Opportunities are always waiting for us.

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Q1) Are there any areas of your life that you would like to get better results in? Consider how your thinking, emotions, habits and beliefs have influenced the results you're currently getting in these areas?

Q2) What decision(s) can you make today to start achieving better results in these areas of your life tomorrow?