

FUNSHEET HOW TO MAKE A RIGHT DECISION



**ABSOLUTELY
WRITE**

WITH ADITI SURANA



Pick three areas where you are struggling with decision making & confusion:

1.

2.

3.

This is your worksheet. Please scribble all your thoughts without trying to be correct. Penning down your responses will also help you get more clarity. (I advise that you physically write these thoughts.)

1. Identify the problem. Ask the right questions.



‘Pain is inevitable.
suffering is optional.’

Japanese author Haruki Murakami

Asking the right questions is crucial.

Ask: *How can I solve this puzzle? What do I require to do here?*

(mind you - *not what you desire, wish or like to do but require to do*)

Situation 1.

2.

3.

2. List all alternatives.

List all alternatives. If you are struggling in a relationship, then your alternatives are:

- accept the problems & live with it,
- consider therapy to work at the differences as a team or
- part ways.

Similarly list down alternatives to your problem.

Situation 1.

2.

3.

3. Collect information & imagine implication.

This is a tricky one. You may convince yourself to do things that **are comfortable for you or you may avoid taking risks**. So please collect data. Talk to experts, people who have been there or even strangers who are willing to share their knowledge. *Answer the following questions for each alternative.*

Please be **honest** with yourself. Find out what is true for you. You will suddenly have an unbelievable amount of **clarity**. I feel when you know you are **willing to own your decision after weighing all the consequences, your insecurity will reduce drastically.**

Situation 1:

- What all can happen?
-

- What is the worst case scenario?
-

- What will you do to deal with it?
-

- How do you feel about it?
-

- Is it still worth a shot?
-

Situation 2:

- What all can happen?
-

- What is the worst case scenario?
-

- What will you do to deal with it?
-

- How do you feel about it?
-

- Is it still worth a shot?
-

Situation 3:

- What all can happen?
-

- What is the worst case scenario?
-

- What will you do to deal with it?
-

- How do you feel about it? Is it still worth a shot?
-

4. Choose from the alternatives and act on it.

Set a timeline and take action. Great solutions won't solve the problem. Implementing great solutions will.

Situation 1.

2.

3.

5. Critique the process.

Critiquing is **not the same as criticising**. You look at the decision & ask -

- How can I improve myself next time?
- What else can I do?

High performers ask this question religiously when they fail and more importantly when they succeed.

Happy writing!



WRITE HERE RIGHT NOW

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