

# DEVELOP TOGETHER

*"Helping You Make Positive and Long Lasting Changes to Your Life."*

## How to Make Better Decisions

Some studies have stated that adults make approximately 35,000 decisions every single day, although it can be argued that a large majority of these decisions are made subconsciously and have very little consequence, such as all the micro-adjustments we make with each step when we walk from A to B. The decisions that we're aware of, the conscious decisions, are what we're focussing on. These more obvious decisions can leave some of feeling overwhelmed or a bit confused about what to do, depending on the size of the decision and how many other people will be affected.

Here are three ways that you we can use to help us feel more confident about making the decision and that it will be one that we don't regret later on.

1. Sleep on it - Studies have proven that judges in parole hearings tend to give more positive outcomes in the mornings and just after lunch. As the day progresses and we get tired, we are more likely to take the easy option without properly considering the consequences. Getting a good night's rest will put you in a prime state of mind to make a good decision.
2. Keep calm. Don't decide things when emotions are running high. This could be when you're angry, upset, excited or any other extreme emotion. The chemicals in your brain that cause you to have those heightened feelings will dampen your clarity when considering your options. Try to notice your mood before making a decision and take a breather and return to a calm and neutral state before agreeing to anything.
3. Relax. Similarly to emotional extremes, physical extremes can also alter the chemical balance of our hormones and affect our ability to think clearly. Heightened levels of adrenalin or endorphins will cause the heart to race and breathing to become heavy, affecting the amount of oxygen getting to the brain. You need your brain to be in tip top form to make a good decision, so make sure you relax before jumping into something that you'll later regret.

Practice these techniques regularly and you should see that making decisions, big or small, doesn't have to be so scary.

If you have any questions about this, please email [info@developtogether.co.uk](mailto:info@developtogether.co.uk).

Kind Regards,

*Rob*

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