



How to Make the Right Decision

Making choices that feel right and work for you

**Wendy Vineyard | The Relationship Rescue Program |
Module 2**

How to Make the Right Decision

By Wendy Vineyard

Many people need help to make important decisions.

Sometimes they doubt or second-guess themselves. They may give greater weight or trust to the opinions of others, than to their own ability to make a choice that's right for them.

Sometimes, they put too much pressure on themselves to make 'the right' decision. It's a fact that not every decision you make will turn out as you hope.

It may be helpful to remember that life is always happening for you, not to you or against you. When you believe there's always something good or something to learn from every situation – 'good' or 'bad' – it may take some of the pressure off your need to make the 'right' decision.

Below are seven decision-making methods that I've collected over the years. It's likely that one or more of these will help you to make good decisions too.

These methods are helpful when you think you don't know what to do, or how to make an important decision, or if you question whether the decision you already made was the right one.

Each method takes you on a journey inside of you – where all your important truths are always ready and waiting for you.

Generally, the best decisions are best for all involved – for you, the other, your family, community, country and the planet.

Remember that doing something you've never done before will feel uncomfortable until you take action.

Consider these questions: What's the worst that can happen if you make a decision? What's the likelihood of that happening? Can you live with that outcome? E.g. will it affect your ability to feed your family?

Read all of the methods to see which ones you want to use. You may choose to do all of them, or one or two.

As always, you'll get greater benefits when you write down your answers instead of just thinking them. Capturing your thoughts and insights on paper will allow you to see and review your progress as you make your decision, and if you revisit your decision at another time.

Please make sure you have lots of paper and a pen. You'll be able to do some of the exercises in this workbook; others will require more paper.

Let me know if you are unclear about the instructions or have questions.

1. Let Your Body Decide What's Right for You

By Rue Hass

We aren't taught much about how to know what we want. We have very few people in our lives who model for us that *it is up to us to decide what we want*.

Mostly we pick up on what we think we SHOULD want from the people around us, parents, teachers, media. The problem is that they got their 'shoulds' that they gave to us, from their own version of the same places.

I want to help clients learn how to be their own wise guides. I teach them to use their own bodies and their intuition as resources.


The first step is to find the answer to this really important question: **"How will you know when you are getting what you want?"** In other words, what will you be looking for, sensing for, that will let you know that you are on the right track?

One of the first things I teach a client is how to ask themselves what they want and what is right for them, and how to read their own physical signals as a barometer for knowing the answer. In order to do this a person has to know what "yes," and "no" feel like inside, so that they can find out from themselves if a certain action or choice or decision is the right one for them. No one taught me that when I was growing up!

I asked my client Shelley to close her eyes and feel the feeling of  in her body.

After a moment, I told her to open her eyes, and asked what her experience was. She said it became harder to breathe, her chest felt tight, and her shoulders hurt. I took note of these body responses.

Then I told her to move around in her chair to change her position (when you change your body your mind changes, and vice versa).

I asked her to feel into the quality of . When she opened her eyes, Shelley said she felt lighter, there was an opening in her chest, like energy was moving up and out, deeper breathing, and her shoulders felt relaxed.

We did the exercise again, this time with two slightly different questions. I asked Shelley these questions one at a time, adding the position shift in between to change her state of being.

"What happens in your body when you feel these statement ***'The world is an unsafe and unfriendly place?'***

And then, "What happens when you feel into ***'The world is a safe and friendly place?'***"

I encouraged Shelley to **notice whatever happened inside, the images, thoughts, feelings sensations** that came up for each question. Her responses to these questions were similar to the Yes and No responses, with more information there for her.

I explained to Shelley that now she had a very powerful and accurate measure of how she truly felt about something.

I suggested that next time she had a decision or a choice to make, she take each possibility, hold it in her mind, and notice what happens in her body. We tried it out on some things in her life, and she was amazed to find that she had the answers right there, in her body's response.

Before, she hadn't known how to know what she wanted, except that she wanted change in her life. She hadn't known how to proceed beyond that.

Now that she had a way of knowing what she wanted, a feeling of rightness that came from inside her, we were ready to go deeper with her concerns.

Ask yourself the questions in the story or answer the questions on the next page.

2. Tune into Your Body

Consider that your body is an outward manifestation of your unconscious mind which can only speak your truth. (Wouldn't it be interesting if everyone knew this!)

If you knew and trusted what your body was saying, it could make all your decisions easier, couldn't it?

Let's re-visit the past for a few minutes.

Think about something that you said yes to, and it was the right choice for you. Notice: How does 'yes' feel in your body?

Think about something that you've said no to, and that answer was right for you. Notice: How does 'no' feel in your body?

Think about, remember or visualize a decision you made that was absolutely right for you.

As you tune into the physical sensations in your body. (e.g. tingling in extremities, lightness, bubbling, stomach flip, other) write down your sensations:

Think about, remember or visualize a decision you made in the past that you realized later was a huge mistake or didn't work out for you.

As you tune into the physical sensation in your body. (e.g. tightness in throat, shallow breathing, clenching in stomach, other)

Write down your sensations:

Now, how do you feel inside your body when you think about or visualize each of the potential outcomes of the decision that you want to make?

3. Answer the Right Questions to Make a Tough Choice

From the Right Questions: Ten Essential Questions to Guide You to an Extraordinary Life by Debbie Ford

Below are several important questions to ask yourself when you must make a difficult choice.

The Dilemma: _____

The Choice I'm Considering: _____

1. Will this choice propel me towards an inspiring future, or will it keep me stuck in the past?

Inspiring future

Stuck in the past

2. Will this choice bring me long-term fulfillment, or will it bring me short-term gratification?

Long-term fulfillment

Short-term gratification

3. In this situation, am I looking for what's right, or am I looking for what's wrong?

What's right

What's wrong

4. Will I use this situation as a catalyst to grow and evolve, or will I use it to beat myself up?

Catalyst to grow and evolve

Beat myself up

5. Will this choice empower me or disempower me?

Empower me

Disempower me

4. Make Decisions

From Creative Visualization – Use the Power of
Your Imagination to Create What You Want in Your Life, Shakti Gawain

If it feels like you are forcing, pushing, exerting effort or straining, don't do it.



If it feels helpful, releasing, opening, strengthening, enlivening, inspiring, do it.



5. Trust Your Intuition

If you don't trust yourself to make your decision, you may want to practice trusting your intuition.

Phrase your question so it can be answered with a yes or no.

Get a coin.

Heads represents 

Tails indicates 

Flip the coin.

If your stomach drops when you see the answer, if you feel upset, or if you want to dispute the outcome, your intuition is telling you to choose the other path.

If your gut gives you no signal, go with the coin's decision.

Keep in mind some decisions may seem to be no-win e.g. when both options fill you with dread.

To resolve this, tune in to the decision that seems the best for the long-term or best for all concerned.

6. The Decision Grid

By Darla LeDoux

This process was developed for making a decision about business, but you can adapt it to help you make any decision.



Every decision we make has an energetic consequence.

There are only two places you can make your decisions from - a place of love, passion and a fundamental belief in abundance, or from fear and scarcity and a fundamental belief in lack.

It may come up that If I truly believe in abundance, I would do it this way. Sometimes it can be more complicated when you wonder if you're motivated by fear or intuition.

To identify the best decision to serve you and grow your business, take your dilemma through the Decision Grid.

Answer in a counterclockwise order as indicated:

		
Love (where is the love, passion and belief in abundance in this response?)	Start here:	4th question:
Fear (where is the fear in this response?)	2nd question:	3rd question:

7. How Do You Decide What's Right for You in Business?

It's not always easy to make decisions when there's risk involved but one of the qualities of the most successful entrepreneurs is decisiveness.

Unless it's an urgent situation, many entrepreneurs operate by the 24-hour rule. Rather than jump at saying "yes" and regretting it later, they sleep on it before saying *yes* or *no*. The other thing I do is ask myself four questions created by [David Neagle](#) that act as a clear gauge to help you make a decision:

As an example of the process, I'll use an opportunity to participate in a summit. (Summits are a great platform, but they do take time and energy.)

1 Is this something I want to be, do or have?

e.g. Yes, I love being interviewed to get my message to more people.

2 Is being, doing or having this taking me closer to my goal?

e.g. Yes, it will add more warm leads to my list and bring me closer to my ultimate goal.

3 Is being, doing or having this in alignment with Universal Law (more life to all)?

e.g. Yes, of course -- it's helping me, the host, and other entrepreneurs.

4 Does being, doing or having this violate the rights of others (does it take away someone else's right to choose)?

e.g. No. They have the option to listen, or not.

If the answer to questions 1-3 is *yes*, and the answer to question 4 is a *no*, then it's likely that the right answer for you is:



What's Next?

Now it's time to decide to trust the answer you've found – and yourself.

You really do know what you want, and you've allowed yourself to know it consciously.

The next step after understanding what you truly want is to honour it.

Give yourself permission to avoid 'shoulds' and doing what others may want you to do because they have their own agenda.

If you need to talk over the situation, ask for help from someone who has your best interest at heart, and can be supportive of your decision – whatever it is!

Congratulations for making the decision to grow and be more of who you really are!