



The Secret to Making Decisions You'll Never Regret

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Have you ever thought about why someone chooses this direction over that direction or this path instead of that path? I am totally fascinated as to why people make the decisions they do. What steps did they take in their head or was it a quick gut-reaction without much thought? Also, after a decision is made, why do some people appear completely confident in their choice and others continue to waffle back and forth saying, "I should have done this or I should have done that." Is it even possible to make decisions that we won't regret? The simple answer is "absolutely."

When we are faced with making a decision, the decision itself exists in the present and concerns the future. You will never know in advance whether a decision is the right one, simply because you can't see into the future.

However, let me ask you another question. If it happens, at what point do you feel regret over a decision you made? It almost always occurs at *after* you have made the decision. See, it's only possible to feel regret when you are looking backward in time, after you've made your decision, after you've seen the outcome of your decision and, for some reason, you wish the outcome were different. So it wasn't the decision itself that bothered you; rather, the outcome of that decision is what you now regret and wished were different.

The secret to confident decision-making lies in understanding the emotions that are likely going to strongly influence your decision anyway. Of all of the variables in one's head when making decisions – your family's needs, your monetary constraints, concerns from your work colleagues – we are most certain of our own feelings. Trust them. Make your decision based on *your* truth. After all...who is the only person who can truly judge if your decision was right? You. Only *you* can judge *your* decision.

So the next time you are faced with a tough choice, remember to look in the mirror, weigh your options, and then do your best to feel confident in *your* decision. Your decision will not be wrong. You may not get the outcome you were looking for, but making a decision that you feel confident with is an incredibly empowering feeling. Believe in yourself and in your talents.

Setbacks will happen, plans will change, relationships can disappoint, and even careers may derail. If an outcome of yours is less than ideal, learn from that situation and never repeat it. Our happiness lies in our ability to know ourselves well enough to make good individual choices, no matter what life bestows on us or throws at us. Slow your judgments and accept what you feel is right for you. Trust and believe in yourself.