

CONTENTS

Foreword	
By Karen Tax.....	p. 2
Introduction	
Why I wrote this guide.....	p. 3
Decisions assessment	
Where are you on the scale?.....	p. 6
Spinning Your Wheels	
Why people get stuck.....	p. 9
'Oh' the games people play	
The mind traps that can trip you up.....	p. 14
Three KEY concerns that affect decision-making	
Getting out of your own way.....	p. 21
The Decision-making Blueprint	
The Whole Life Model.....	p. 31
Step #1: The Foundation	
Your core values.....	p. 36
Step #2: What are you thinking?	
How beliefs affect decisions.....	p. 42
Your mind is not necessarily your friend!	
Self-talk gives voice to beliefs.....	p. 44
Tools for changing self-talk and limiting beliefs	
Mind Power.....	p. 49
Step #3: Essential criteria	
Creating your checklist.....	p. 53
Step #4: Three critical questions	
Is it a yes?.....	p. 56
Step #5: Putting all the pieces together	
Case Study.....	p. 58
Matching your insides with your outsides	
Your 5-step worksheet.....	p. 62
12 elements to make strong decisions	
In business and in life.....	p. 66
Summary.....	p. 68
About the author.....	p. 71