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Impair Healthy Healing In People Over The Age Of 30!

HOW TO MAKE GOOD DECISIONS

By Craig Lock

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Especially the really important ones...

Life is full of decisions; we make hundreds of them every day. Most are automatic and minor ones. However, occasionally we are compelled to make vitally important decisions about major life-goals. These decisions are often practical or ethical ones. For example, we occasionally have to take major decisions like choosing a marriage partner (assuming they'll take you, that is), choosing to leave a partner in marriage, or decisions about what to do with your life.

HINTS IN DECISION MAKING

A positive attitude to life helps make major decision making far easier and less stressful. Here are some general hints on decision making (although it's one of my weakest areas); but I'm trying hard to improve...

1. Get rid of your mental blocks.
2. Give up the notion that there is only one 'right solution' to the problem/dilemma you are confronting.
3. Don't fear making a mistake.
4. View your problems as a normal part of life (is that possible?). Every problem requiring a decision is an "opportunity in disguise".

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5. See yourself not as an indecisive person; but rather someone who sometimes behaves indecisively...that's a rather kind way of putting it.
6. Develop your intuition and logic, but listen to what your heart says (gut feeling).
7. Stop and think before you act. Stop yourself doing the first thing you think of. That's me for sure!
8. Be specific.
9. Know what your goals and your values are, the principles of your existence, before taking a major life decision. Ask yourself, if the ideal outcome is in alignment with your values.
10. Write down all the positive and negative factors for and against taking a particular course of action. American president, Benjamin Franklin did it in two columns when confronted with major decisions.
11. Think how the decision will benefit YOU first. Do what you and not what other people really want.
12. Try to think calmly and rationally (very difficult for me).
- 13 ("lucky"). Do your homework and get all the facts before you make the decision.
14. Get opinions and feedback from others you trust; but don't let them make the decision for you.
15. Establish priorities and "soulsearch" (for a "soulmate"). Ask yourself what are the critical factors? What is the single most important consideration?
16. Trust your impulses, your "gut-feelings". Use your intuition through meditation – this is "God, the Universe" "speaking" back to us through all the "accumulated wisdom" of the world.
17. Don't take your decision too seriously; nothing is that important, no matter how much it appears like that to you. Ask yourself how much will it really matter in one, five or ten years time? Remember, no decision is irreversible; if you find out some way down the track that you've taken the wrong course. But

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some decisions are pretty important: finding another lover, or trading in the "old man" (I chose that word very carefully; so I wouldn't be beaten up by the feminists).

18. Look for OPPORTUNITIES in any decision. Each "mistake" is an opportunity to learn. I've launched into a writing "career" from a "mistake" (???) coming to the other side of the world. "Crazy wife!" A problem became a great opportunity to do something I'd never ever thought of doing (is it the "winds of fate", "the unseen hand of God", perhaps guiding me in a conscious decision). If you are making mistakes, you are not learning and growing. So say to yourself, "it doesn't really matter", or "so what"... then "get into this world".

19. Accept total responsibility for your decisions. Responsibility is not BLAME – so don't blame others for putting yourself in this

predicament. Sorry 'wif! This attitude helps to relieve your anger or resentment and gives one peace of mind.

20. Change course if your strategy is not working – the quality of your life is at stake. My mistake is that I persist on a chosen course for far too long at times, like writing! Learn when to correct your direction. "If you don't change direction, you'll end up where you're heading".

Bear in mind that pilots are off course on their flight–path 90% of the time... but they still arrive at their destination. Usually! When driving you are also continually making little corrections; so there's hope for me yet.

21. Be prepared to take a few risks in life. Look out for opportunities. Every successful business or venture started out with an idea which was a risk. Nothing is infallible. The knowledge that you can handle anything that comes your way is your key to allowing yourself to take risks. Security is a state of mind. It's not having things, it's HANDLING things.

and finally,

22. Look ahead to the future in a spirit of hope and optimism – the past is already gone. See the path ahead as an adventure into the unknown and a time for challenge with many new opportunities. Every problem requiring a decision is an "opportunity in disguise".

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It's a matter of making correct small daily decisions, which are our "stepping-stones" on the road to success

I love the following quotation...

"The past is history,
the future is a mystery,
and this moment is the gift,
that is why this moment is called the present."
– Depak Chopra

May all your decisions guide you towards a prosperous and happy tomorrow
May all your moments be full of joy and the rich promise of the future.

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What is an advance directive? Does an Alzheimer's patient need one?

By William G. Hammond, JD

An advance directive allows you to communicate your health care preferences when you no longer have the capacity to make your own decisions. It is a legal document, such as a living will or a power of attorney for health care. If you are able to communicate your medical preferences, then you will do so. If, on the other hand, you lose the ability to state your wishes, the advance directive allows you to name someone to make decisions for you if you cannot.

The greatest benefit of your advance directive is its power as a communication tool. Discuss your advance directive with your doctor, make your wishes about health care known to your family. Once you have completed the advance directive, make some copies and give one to the person you chose to make the decisions for you. And if your loved one is hospitalized, make sure a copy is in his/her medical records.

Below you will find some terms that will be useful to you:

- Health Care Directives: it is a document that allows you to state in advance your wishes, regarding the use of life-prolonging procedures. Like a living will, in most states it will take **ONLY EFFECT WHEN** you are not able to make decisions on your own.
- The Durable Power of Attorney for Health Care Decisions: it allows you to appoint a person of your choice to make health care decisions on your behalf when you are incapacitated. In most states this document will take effect **ONLY WHEN** you are not able to make decisions on your own.
- Living will: A document that states your end-of-life decisions in the event you have an incurable illness or injury.
- Power of attorney: it is a legal document where one person (the principal) authorizes (the agent) to act

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on his/her behalf. Financial powers of attorneys allow your agent to make decisions regarding your property. Healthcare powers of attorney allow your agent to make decisions regarding your health care needs.

Your advance directive should be valid in any state. Because of state-to-state differences, however, it is better to have it witnessed and notarized. And remember that in most states your advance directive will go into effect **ONLY** if you are no longer able to communicate your own wishes. In addition, unless you revoke it, it will stay in effect until your death.

William G. Hammond, JD is a nationally known elder law attorney and founder of The Alzheimer's Resource Center. He is a frequent guest on radio and television and has developed innovative solutions to guide families who have a loved one suffering from Alzheimer's. For more information you can visit his website at www.BeatAlzheimers.com

What is an advance directive? Does an Alzheimer's patient need one?

Defending Your Relationship

How to be decisive?

How To Effectively Make Better Decisions In Life – Familyvision Column

Making Decisions

How To Improve Blood Circulation

Ebook Explosion

Forbidden Psychological Tactics

Ewen Chia's Website Conversion Secrets

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