



Mondays *with Mike*

AULTCARE

MONDAY TUE

Making Wise Decisions

Becoming a great decision-maker is one of life's most important skills. Every day, we make hundreds of decisions, and those decisions determine the quality and direction of our lives. In a recently shared YouTube video, Matthew Kelly shared a process to help us make wise decisions.

Here are his 5 tips for making better decisions:

1. Determine if it is a major decision or something smaller. All decisions do not carry the same weight or impact.
2. Give yourself time, if possible. Don't make the decision before you have to. Time allows the initial energy of the need to simmer down.
3. Write down the pros and cons. Give them their proper weight, as well.
4. Consider your values and goals, not those of others.
5. Seek counsel from the wisest person you know.

As we come down the home stretch of our calendar year, we will be making many year-end decisions. The process Matthew Kelly shared helps us quiet the noise in our minds about the decision, as well as helps us process the decision rather than react to it.

Have a wise week with all decisions you will make!

