

# HOW TO MAKE A DECISION

*a companion guide to episode 30 of The Next Right Thing Podcast  
with emily p. freeman [click here to listen](#)*

If the pro/con lists aren't working, this could be your next right thing.

- Choose **only one decision** as you answer the questions. There is power in simplicity.
- **Resist the urge to be reasonable.** We talk about decisions through the lens of reason and logic. But that's not the most common way we actually make decisions. For now, allow yourself to honestly consider how you feel about this decision. In the end, your feelings and instinct may not end up having a say, but at least it won't be because you ignored them.

Write down your decision category (deadline, dream, or daily)

In one sentence, write down the decision that needs to be made:

For now, release what you think you *should* do and write down what you *want* as it relates to this particular decision.

When you hold this decision before you, pay attention to your body. Does it gently rise or does it slightly fall? Do you light up or feel heavy? Record any thoughts or observations.

Is there something you're afraid of? If so, what? Or maybe, who?

What is the worst thing that could happen as a result of your decision?

What is the best thing that could happen?

If your decision requires a yes or no and you can choose right now, do so here:

If you can't make your decision now, write down (or make up) a deadline.

Need more information before you can decide? Follow up with someone? Do a little research?  
Write down one next right step. It's a small space so don't write your whole to-do list.  
Just one next right thing.

Well done, you. Even if you haven't made up your mind about the thing, at least you've looked it in the face, considered how you feel, and given your soul a little room to breathe.

*Do the next right thing in love.*

FOR WEEKLY RELIEF FROM DECISION FATIGUE, VISIT [THENEXTRIGHTTHINGPODCAST.COM](http://THENEXTRIGHTTHINGPODCAST.COM)