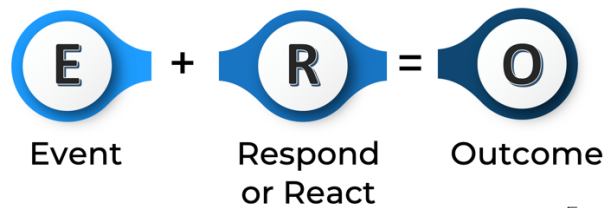


# 3 Keys to Making Good Choices

## Accelerating Excellence with Del Gilbert Podcast Episode #77 - Resource Guide

*"Your life today is the result of all of your choices and decisions in the past.  
When you make new choices, you create a new future."*  
-Brian Tracy



Formula developed by Tim Kight

### 1. DECIDE TO RESPOND RATHER THAN REACT

A reaction is an initial feeling or impulse. Emotional. Feelings are often unreliable and often don't serve us well. A response is well thought out and measured. Logical.

- We have the capacity to pause and choose our response.
- We are response-able.

### 2. PRE-COMMIT TO GOOD CHOICES

It is often unwise to wait until you are 'in the moment' to make a decision.

Decide ahead of time what good decisions you will make.

Jon Acuff - *"Crush the discussion (in your mind) with a decision."*

Use the term "I don't" rather than "I can't" or "I shouldn't."

- "I don't eat after 8pm." (Rather than "I can't eat after 8pm.")
- "I don't miss my weekday workouts." (Rather than "I shouldn't miss my weekday workouts.")

### 3. PLAY THE END OF THE MOVIE

Focus on the consequences of your choice.

Here are some good questions to ask yourself in the moment of choice:

- *If I do this, what will happen next*
- *Where does this road lead?*
- *Will this choice take me down a path I want to go on?*
- *How will this choice impact others? My family? My career?*

Most of life most important choices are the choice between short-term pleasure and long-term happiness or success.

**Don't trade what you want most for what you want now.**