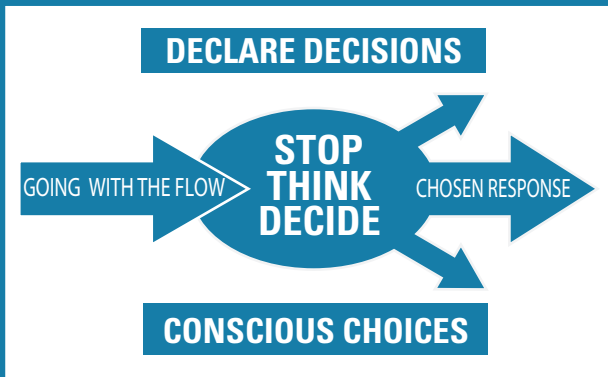


DECISION QUALITY FUNDAMENTALS

BETTER DECISIONS ~ BETTER LIVES

- Seize Your Decision Power!
- A Good Decision Balances **Head** and **Heart**
- Decision Quality vs. Decision Outcomes
 - You can measure the quality of a decision regardless of the outcome



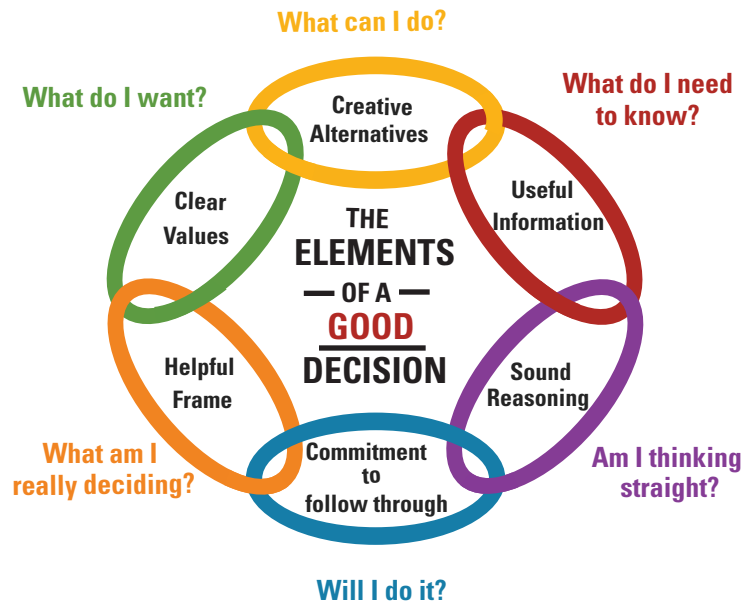
HOW TO DECLARE DECISIONS WELL:

- **Develop Foresight**
 - Imagine the future impacts of your actions
- **Be Aware of Your Decision Opportunities**
- **Choice is Empowerment**

WHAT INTERFERES WITH DECLARING DECISIONS:

- **Not Enough Time**
- **Habitual Processes**
- **Lack of Awareness / Attention**

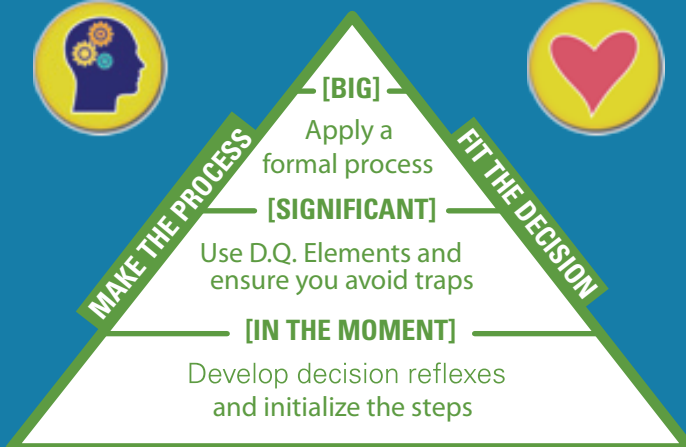
A Decision is Only as Strong as the Weakest Link



A good decision makes sense and feels right

EFFECTIVE PROCESS

- Define an appropriate frame
- Do a quick pass through all the links
- Identify and strengthen the weakest links
- Check for bias and balance of head and heart
- Commit and follow through



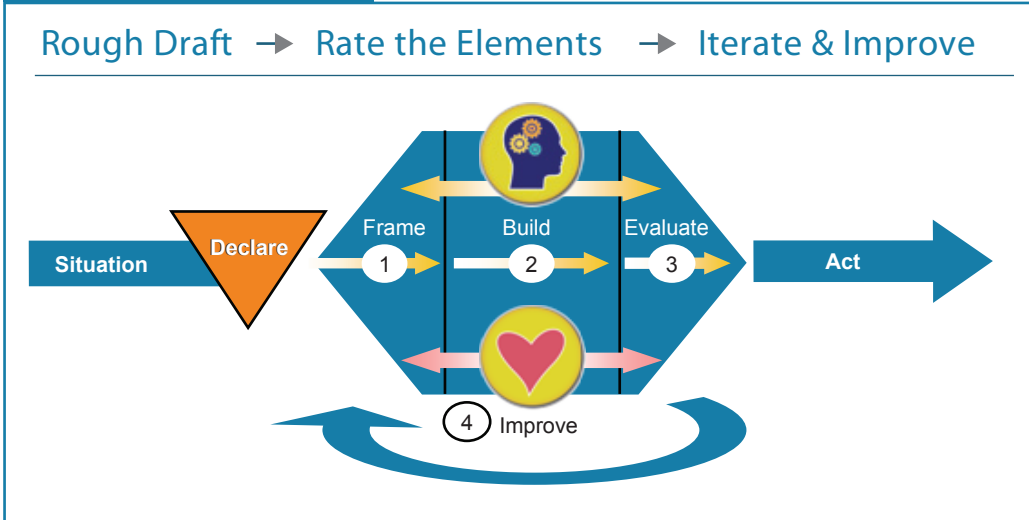
BEWARE: DECISION TRAPS



- **Living on Auto-Pilot** - Seize your decision power
- **Bandwagon Effect** - Determine your role in a decision
- **Habitual Frame** - Use lists to check decision fitness
- **Compromised Decision State** - HALT : hungry, angry, lonely, tired?
- **Stuck in the Comfort Zone** - Balance your default decision style
- **Ignoring Possible Outcomes** - HIP check : what could happen?
- **Procrastination** - Establish internal/external deadlines
- **Sunk Costs** - The past is past, focus on the future

HOW TO APPLY DQ

Decision Process



FRAME

- Purpose
- Perspective
- Scope

VALUES

- Preferences
- Trade-offs
- Ethics

ALTERNATIVES

- Brainstorm
- Create before you evaluate

INFORMATION

- Reliable
- Relevant
- Recognizing Uncertainty

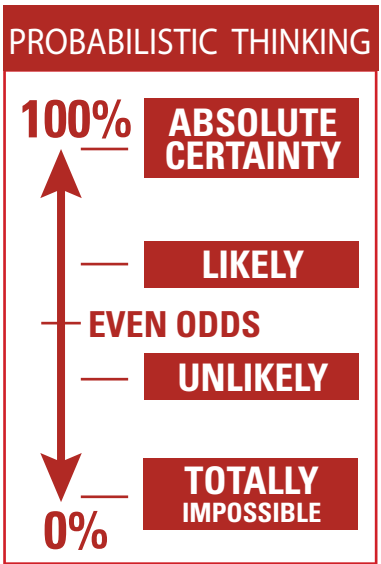
REASONING

- Logical
- Consistent
- Makes Sense + Feels Right

COMMITMENT

- Make Time
- Follow Through
- Set SMART Goals

Draw A Decision Tree



Smart Goals are

S SPECIFIC

M MEASURABLE

A ACTION-ORIENTED

R REALISTIC

T TIME SENSITIVE