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**donna
rawady**
Executive Coach

Serving clients since 1989

(585) 271-6486
Fax: (585) 242-8934
drawady@rochester.rr.com

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How to Get Better at Intuitive Decision Making

There are multiple factors that play into strong decision making. Your gut level feelings can be a reliable component of the process as well. And it's our ability to tap into our intuition, and make good use of it, that prompts me to recommend this tool.

I'm providing ***How to Get Better at Intuitive Decision Making*** as a three-step process:

1. Isolate your area of indecision.

Jot down those areas where you are steadfast in your perspective and opinion. If you can isolate the area(s) of indecision, you're less likely to be crowding your thinking with needless information.

2. Take the time to be quiet and alone with your decision.

If you're in the midst of questions, chaos, and pressures, your ability to be quiet suffers. So does your ability to tap into your intuition. Take a few minutes. Take a walk. Sleep on it, if possible. If the impact of your decision is huge, you may even consider a full day or weekend retreat. Then ...

3. Listen — Red Flag or Green Flag?

When your gut level warns caution (i.e., red flag) chances are it feels exactly the same to you as any time in your life when you were about to do something that just did not feel right. As it will again.

Similarly, a gut level calm (i.e., green flag) accompanied those times in your life when you trusted your own

judgment and direction. It just felt right. As it will again.

In my work and life, when my red flag is up, I make it a point not to move in any direction. I know I need to either explore further or let it sit for a while until I can find the time to be alone with my decision. And that has served me and my associates well.

One additional point — There may be times when your gut level is experiencing fear versus caution. Fear of any kind can distract us and mask our intuition and therefore make it difficult to read because both caution and fear activate a red flag. If you find yourself fearful, I suggest you revisit the facts that you're basing your decision on, and explore further the outcomes your decision may generate.

If you're unable to clearly identify your flag, you may need more input or information, or more time to review what you already know. But once you're confident that you've gathered and reviewed all of the information and only the decision awaits you — be quiet, listen to your gut, and then trust it.

Do you have a specific question relating to an accountability challenge you're experiencing currently? Email me and I'll reply to you on the next business day, with a complimentary response.