

5 Pillars of Prosperous Decision Making

Life is all about the decisions we make and the results of those decisions. In order to consistently make BETTER decision that align with our goals, we have to learn to bulletproof our minds and filter the decision-making process through sound values. To help assure that we do that, I've laid out 5 pillars that will help you make the right decision whenever faced with one. And when you learn to filter all of these decisions through these 5 pillars that fortify your decision making, I assure you that success will come in a faster and more dramatic fashion!

- (1) **Inspiration & Discipline Over Motivation:** Too many of us focus on the idea that we need to seek out MOTIVATION to feel the drive required to put in work. I'd argue that motivation is too fleeting of an emotion to get you where you need to be. Being inspired by someone or something (your "WHY") is far more powerful of an emotion if you ask me. Find your "WHY" that inspires greatness, constantly remind yourself of it, and you'll find that this is a far better tool to help keep you on track and eventually develop the discipline that allows you to make serious strides toward the accomplishment of your goals.
- (2) **Solutions Over Excuses:** Life always has a way of presenting obstacles that stand in the way of your success. In the face of these obstacles and roadblocks you have two choices. To toughen up and create a solution, or be soft and lean into excuses. It's only by

taking ownership of your current situation that you can devise a gameplan that helps you navigate your way around these roadblocks. So be sure that you own the situation and lean into SOLUTIONS, instead of excuses.

- (3) **Discomfort Over Comfort:** One of the most popular quote on success states that “Everything you’ve ever wanted lies on the other side of fear”...I’m not going to argue against that sentiment, but I would also argue that the same could be said about the “other side of comfort”. Think about it. It’s only when you consistently sacrifice what you want RIGHT NOW (“comfort”) for what you want LONG TERM, that you will accomplish the results you want. So the next time you’re having a hard time prying yourself off the couch to get in the workout that you know you need to do to achieve your goals, think about your “WHY” and what your decision in that moment would mean to the accomplishment of your goals. What means more? Comfort in the moment, or momentary discomfort that leads to better and faster long term gains? Make the right choice!!!
- (4) **Self-Improvement Over Self-Pity:** Stop feeling sorry for yourself! It does you no good and people don’t like being around “Debbie-Downers”. Instead of constantly feeling self-pity, focus on self improvement! Don’t dwell on circumstances that are less than ideal...Focus on the opportunity that you have to move forward and experience great triumph in the face of tough times.

- (5) **Progress Over Perfection:** You aren't always going to have those days where you accomplish a ton. Sometimes days get away from you and you have to settle for incremental progress. When that's the case, instead of getting down on yourself for failing to live up to an unrealistic standard, remind yourself to take what the day gives you and focus on the idea of PROGRESS over PERFECTION.