

How to Choose Wisely

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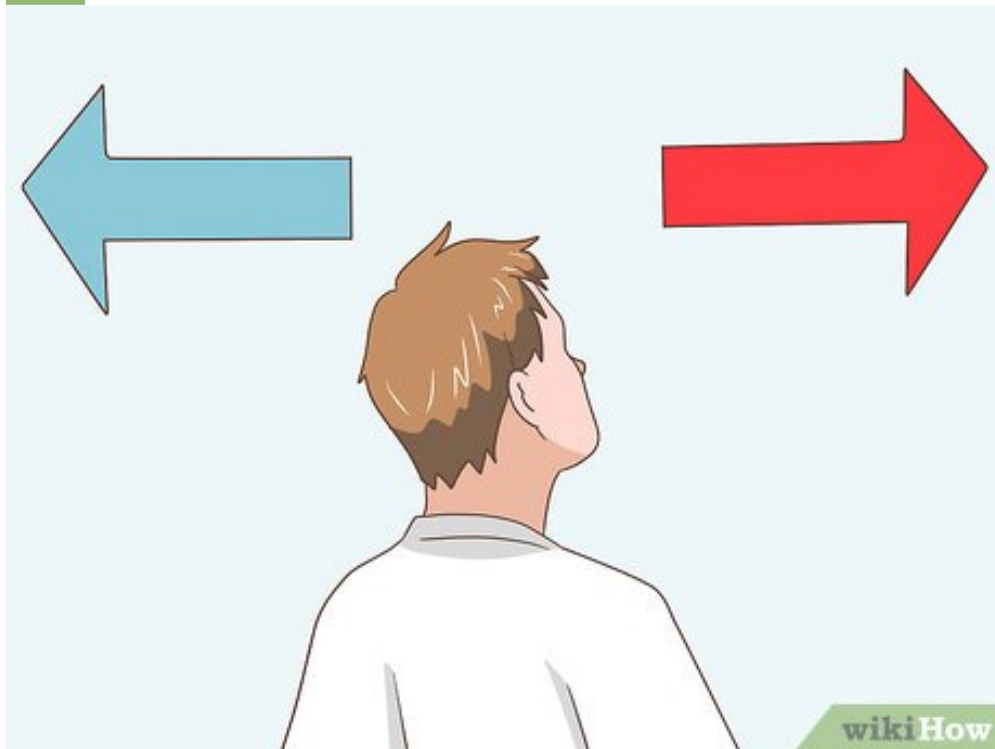
Co-authored by Erin Conlon, PCC, JD  and **21 contributors**

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Many times in life, we are forced to choose between two or more options. It's not easy to make a decision, because everything you choose imprints on your life. It's easy to be overwhelmed in the moment and make a choice you regret. This article will guide you to approach problem solving so that you can make wise choices.

Method 1

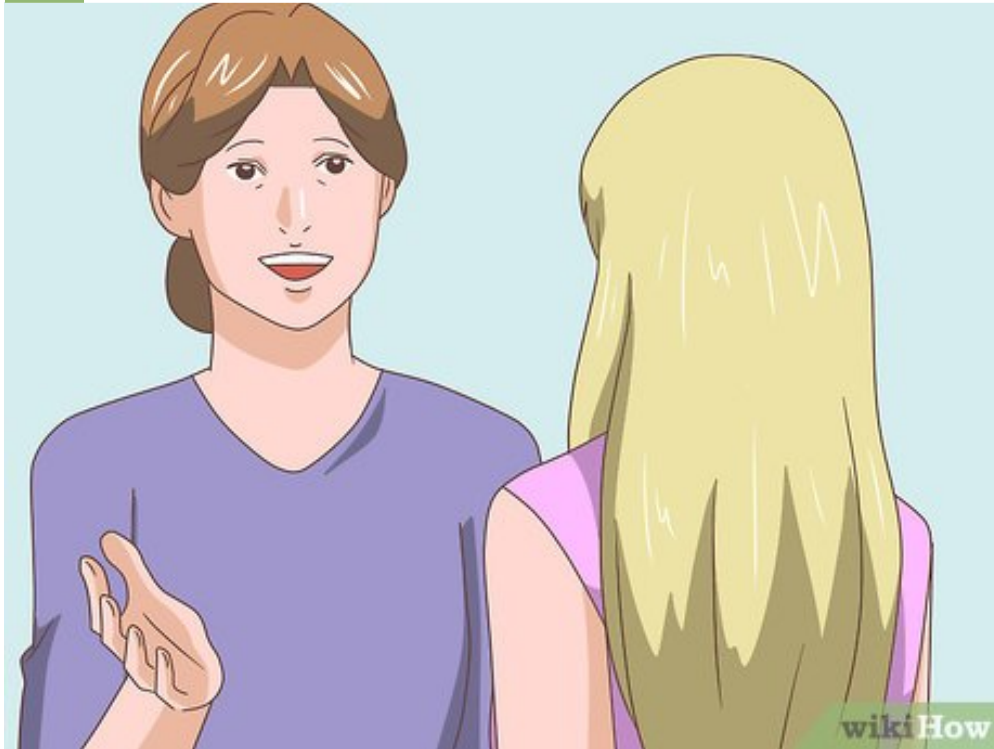
Method 1 of 5: Be calm and patient.



1 Be calm and analyze the problem. Don't panic. Many poor decisions are made because people panic and don't think properly about the consequences of their decisions. Remaining calm and analyzing the options with a cool head is the best way to begin.^[1]

- Take your time and choose well, but remember that nobody is perfect; sometimes you might make a risky choice or end up picking a solution you regret, and that isn't the end of the world, either. Most moves in life aren't set in stone, and there's often, eventually a way to change course or resolve an unfortunate outcome, even if you make a choice you regret.^[2] There are choices that cannot ever be reversed though. Think about where a choice may lead you in the longer term, not just in there here and now. This is particularly important when it comes to life changing decisions such as starting a family, choosing a career or any choices with potentially dangerous outcomes such as serious injury or becoming involved in criminal activity.

Method 2 of 5: Ask for help.



1 Consult people. Consultation helps you to organise your thoughts. When you are confused, talking about your options and the possible consequences can be one way to bring you back right on the track.^[3]

- Consult people you trust. When you are confused and can't come to a conclusion, ask the opinions of people you find trustworthy. Be it your parents or your best friends, they will be always ready to help you. Always remember that they are your supporters and always consider their opinions as a helping hand for you.^[4]
- Ask people who have been in the same boat or experienced the same choice. The ones who have already encountered such a situation will be the ones who can guide you the best under such circumstances. No two decisions or situations are identical, and a lot depends on the person, but you can still learn a lot from the experiences of others.

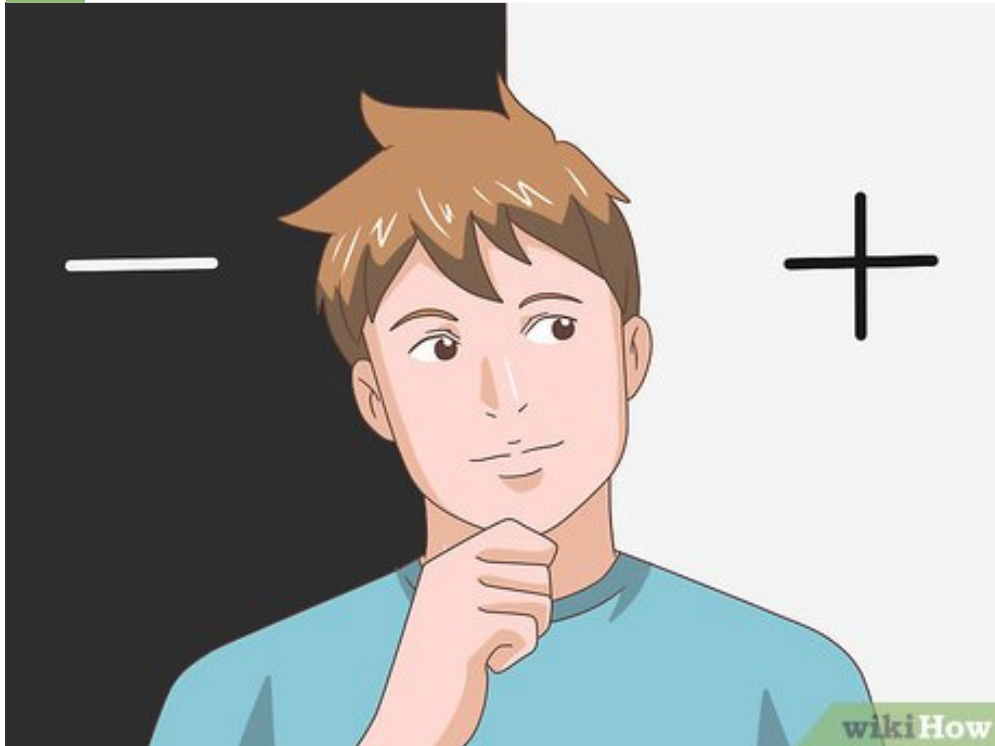
Method 3 of 5: Make a list.



- 1** **Make a list of all the possible choices so that you stay organised and evaluate them.** [5]
 - Eliminate choices by setting standards. Think about your requirements and strike all the choices that are not up to the mark.
 - Don't worry about finding the "best." **Have faith in yourself.** You must make sure that all the choices are listed and then as you start eliminating ones that don't fit, you will soon be clear on which path to take.

Method 4 of 5:

Think about the positive and negative outcomes.



- 1 This is the most important aspect of making decisions.** After all, it's your decision and you are the one who is going to be affected. Remember that positives and negatives are two sides of the same coin. Every choice is accompanied by its pros and cons, and you can handle even relatively severe negative consequences, but go with the choice which serves you the most, if you are selfish. Think of the effect your choices have on others. Choose wisely, considering outcomes for everyone affected.

Method 5 of 5: Don't overthink your decision.



1 It's always good to think about the after happenings but don't overdo it; instead just think about the major consequences and move on. [6] Over-thinking only results in time and energy wasted.[7]

- Keep your main analysis simple. Ask yourself questions like: "What will happen if go with this choice?", "What am I going to gain with this decision?", "What if something goes wrong?" etc. Once everything satisfies your choice, you are ready to take a responsible decision.[8]



Expert Q&A

Question

Why do I get overwhelmed making decisions?



**Erin Conlon, PCC,
JD**
Executive Life Coach
Expert Answer

It's possible that you're trying to find the right answer and looking for the exact perfect thing that will cause you the least amount of trouble. That will surely make you waste a lot of time. What you choose today may not be perfect for today but that doesn't mean it can't be fixed tomorrow or that there isn't something good that will come of it later.

Helpful 2 Not Helpful 0

Question

How can I choose whether to live with my mom or dad after the divorce?



Community Answer

Seriously consider your options: would you rather live with your mom and visit your dad, or live with your dad and visit your mom? If one of those options sounds more appealing to you than the other, you should go with it. Alternatively, you could try to agree to a schedule that splits your time evenly between the two of them.

Helpful 7 Not Helpful 5

Question

I am all ways bullied, and I get the choice to go to the safe place or do my schoolwork, how should I choose?



Community Answer

Make your safe place your study place too, if possible, so you can do your homework. But if this doesn't work, sit with someone who can protect you as you are doing your homework. If push comes to shove, you may have to tell a teacher/someone you trust who can help you.

Helpful 3 Not Helpful 3

Question

How can I choose between staying in my job which offers good salary but a compressed work schedule or taking review upon review for my board exam, which I am not sure that I will pass?



Community Answer

Depending upon your qualification, you can choose to give the exam or not. If your current course of study was instrumental in getting you that good paying job, then it is imperative that you give the exam a chance. Besides, a good employee is given consideration if they come back after taking their exams or after a study leave. However, once you rejoin, you have to communicate about your busy schedule like school with them more openly.

Helpful 0 Not Helpful 0



Tips

- Take risks and always remember: The one who takes risk will succeed someday or the other.
- **Learn from your mistakes.**
- Respect others' opinions, but evaluate their advice according to your needs and wishes. These considerations need not be at odds with one another.
- Take your time and never panic.

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About This Article



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This article was co-authored by **Erin Conlon, PCC, JD**. Erin Conlon is an Executive Life Coach, the Founder of Erin Conlon Coaching, and the host of the podcast "This is Not Advice." She specializes in aiding leaders and executives to thrive in their career and personal lives. In addition to her private coaching practice, she teaches and trains coaches and develops and revises training materials to be more diverse, equitable, and inclusive. She holds a BA in Communications and History and a JD from The University of Michigan. Erin is a Professional Certified Coach with The International Coaching Federation. This article has been viewed 34,534 times.

★★★★★
2 votes - 100%

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