

Decision Making

Every day, the average person makes over 30,000 decisions, many of which without hesitation, subconsciously, or completely unnoticed. Others are more complicated and require additional time, energy, and research. Balancing school, work, and family life is an important life skill and will often contribute greatly to your success. This balancing act relies heavily on your decision-making. There is no one formula or right way to make a decision—if only life were that simple. While everyone favors a particular [decision making style](#), Christians should also consider [biblical advice](#). However, the following seven basic steps can aide you in coming to a decision.



1. Identify the Problem or Opportunity

First, however obvious it may be, you identify that a decision is required to move forward. You may deduce this because someone directly approached you asking a question or you have come to a crossroad in life or have a general unrest. All these situations require a response and therefore a decision.

2. Gather Information

Creating a list of all the pertinent information is very valuable. Ask more questions of yourself and others to get the facts needed to form an appropriate response. What is relevant and what is not relevant to the decision? What do you need to find out before you can feel confident responding?

3. Analyze the Situation

What is feasible in the scenario you are facing? Are there different ways you can look at the situation? What factors are playing into this problem or opportunity? How influential will this decision be in your life? How do your values and priorities relate to this decision? A [grid analysis](#) or a simple [pros vs cons list](#) might help.

4. Develop Options

It is necessary to evaluate what options are available. Do not be afraid to dream, ask “[what if](#),” “why,” and “why not” questions, and explore the possibilities. Develop as many options as possible, daring to think of best and worst case scenarios.

5. Evaluate Alternatives

Thinking through the options and prioritizing which best meet your goals will help determine whether or not this decision take you into a direction that more closely aligns with your overarching values and [priorities](#).

6. Select a Preferred Alternative

The best alternative will depend on factors including how well it meets your goal, time to implement, cost of implementation, and potential ramifications. When making decisions in one context (e.g., work, home life, and school), be sure to weigh the impact on the others. Often, certain decisions come with known and unknown consequences.

7. Act on the Decision

Go on and do it!

Resources

Deciding what to do is not something that you have to do alone. Allow your family, friends, and respected others help. Regent University has departments that can aide you in processing and analyzing your life choices.

[Life Coaching](#)

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