

Head, Heart, Gut Decision Making Process

You can only GROW as far as your greatest FEAR. Make sure when you are making a decision that it is a genuine decision. The L latin root of DECIDE means to cut down or cut off. This is required in order to manifest support for your goal.

When faced with an important decision ask yourself the following questions to ensure you are combining your head, heart and gut:



1. Does my head tell me this is the best thing to do? (Does it make logical sense?)



2. Is this something that I want with all my heart? (Does this feel good to me?)



3. Do I have a good gut feeling about this? ie: does it feel good and excite me, even if it's a little scary? (More 'woo hoo' than 'ugh')

4. Does this align with my long and short term goals? (Does it serve me today and is it part of my future plans and path?)

5. Am I making the decision from faith and not fear? (Is it inspiration or desperation?)

Think of an opportunity you have right now that you'd like to make a decision about and go through this process to combine the wisdom of your head, heart and gut.