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SOULFUL LEADERSHIP
EDUCATOR & COACH

EMPOWERMENT, CONNECTION AND TOOLS
FOR A NEW STYLE OF LEADERSHIP

Making Powerful Choices: The Art of Aligned Decisions

with

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Educator ♦ Coach ♦ Speaker

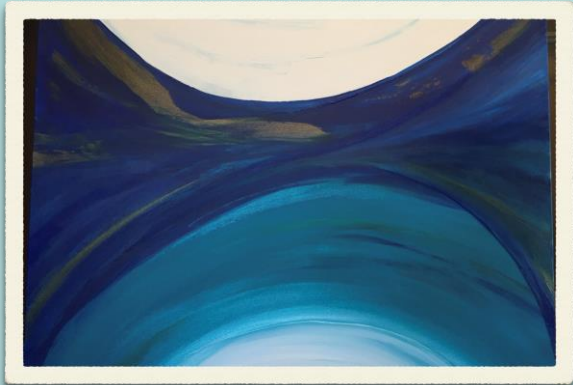
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“Truly successful decision-making
relies on a balance between deliberate
and instinctive thinking.”

–*Malcolm Gladwell*

“You can’t make decisions based on fear
and the possibility of what *might*
happen.”

–*Michelle Obama*



What is:

A₁ **L**₁ **I**₁ **G**₂ **N**₁ **M**₃ **E**₁ **N**₁ **T**₁ ?

What is:

A₁ **L**₁ **I**₁ **G**₂ **N**₁ **M**₃ **E**₁ **N**₁ **T**₁ ?

You know who you are,
what you stand for.

You take actions/make choices
in sync with who you wish to be.

What makes decision-making challenging?



What makes decision-making challenging?

- Lack of clarity
- Fear of mistake
- Demands
- Pressure
- Deadlines
- Uncertainty-what or how to choose



- Too many choices
- Outside opinions
- Pleasing others
- Not knowing self
- Not trusting self
- \$\$

Decisions are a constant in life.

Daily choices

Small decisions

Big “life” decisions



(Indecision and being out of alignment is draining)

Out of Alignment vs. In Alignment

Agitated, Anxious, Restless	Ease, Inner Calm
Stuck, Uncertain, Confused	Clarity of Purpose, Personal Growth
Burnout, Stressed, Not Sleeping	Self-Awareness, Self Nourishment
Energy-Draining Choices	Effective Decision-Making Skills
Unhappy, Unfulfilled	Flow, Joy, Content, Desired Impact
Inner Critic, Negative Self Talk	Affirming Beliefs, Empowered
People Pleasing	Healthy Boundaries, Trust Self

What decisions are up for you?

(Especially ones you've been "sitting" on.)

- _____
- _____
- _____

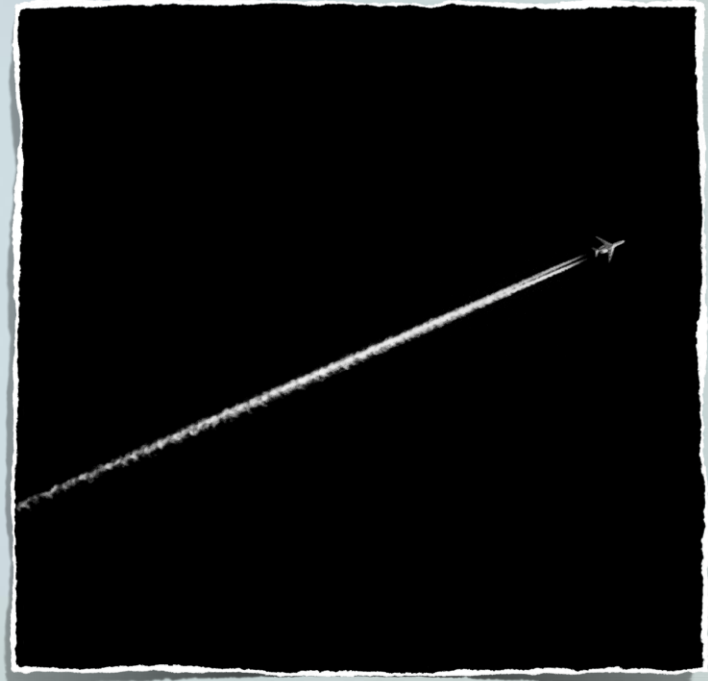
We forget, Every decision **creates a trajectory**

Where do I want to go?

Who do I want to be?

What am I aligning WITH?

Every decision builds on the last, adds to our trajectory.



Common decision-making tools

- Lists
- Pros and cons
- Criteria
- Group consensus
- Ranking
- Research
- Follow advice
- Do what's best for collective

The missing link is intuition.

aka...

- Inner wisdom
- Gut feeling
- Instinct
- Inner guidance



And then, we blend with traditional methods.

Set yourself up **for clarity** intentionally

- Schedule open time, no pressure
- Get a good night's sleep
- Practice extra self care to promote ease



No decisions from **fear or anger.**

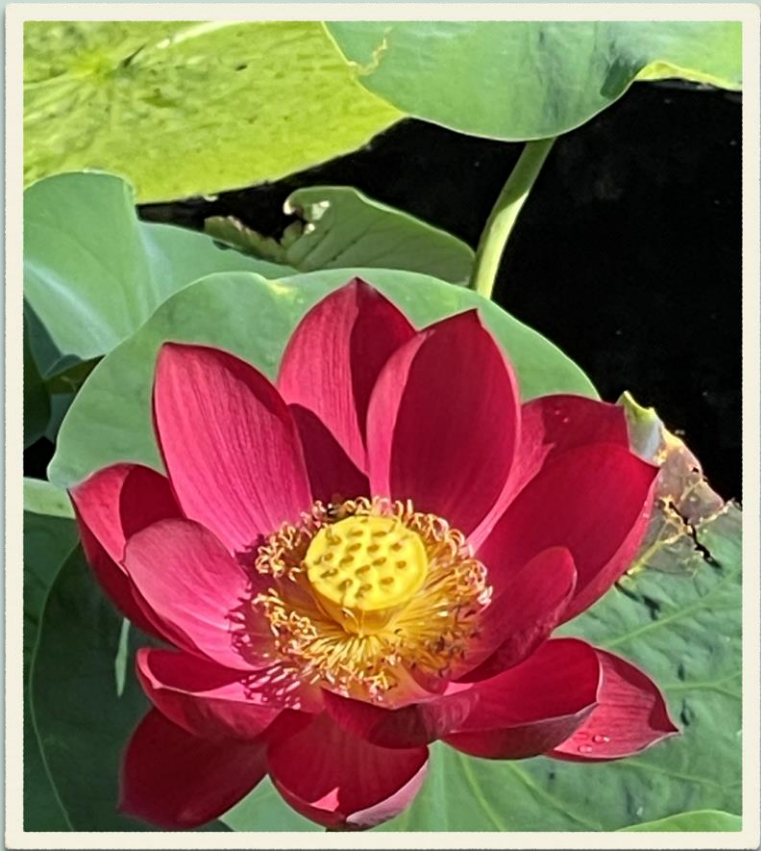
Midway review

Decision-making is constant and can be challenging

Indecision and being out of alignment drain energy

Traditional methods and intuition is a powerful combination

It's important to set yourself up to be able to have clarity.



Making powerful choices

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Making powerful choices

1. Clarify the decision/what needs to be resolved

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



Making powerful choices

1. Clarify the decision/what needs to be resolved
2. What is your vision/hope? (listen)

3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Making powerful choices

1. Clarify the decision/what needs to be resolved
2. What is your vision/hope? (listen)
3. What is true? Gather info
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Making powerful choices

1. Clarify the decision/what needs to be resolved
2. What is your vision/hope? (listen)
3. What is true? Gather info
4. Release other's expectations, "shoulds"
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Making powerful choices

1. Clarify the decision/what needs to be resolved
2. What is your vision/hope? (listen)
3. What is true? Gather info
4. Release other's expectations, "shoulds"
5. Narrow options to three (all align w/vision)
6. _____
7. _____
8. _____
9. _____
10. _____



Making powerful choices

1. Clarify the decision/what needs to be resolved
2. What is your vision/hope? (listen)
3. What is true? Gather info
4. Release other's expectations, "shoulds"
5. Narrow options to three (all align w/vision)
6. Envision each option and feel (or give #)
7. _____
8. _____
9. _____
10. _____



Making powerful choices

1. Clarify the decision/what needs to be resolved
2. What is your vision/hope? (listen)
3. What is true? Gather info
4. Release other's expectations, "shoulds"
5. Narrow options to three (all align w/vision)
6. Envision each option and feel (or give #)
7. Identify most "right" for you (note: when "nothing" comes)
8. _____
9. _____
10. _____



Making powerful choices

1. Clarify the decision/what needs to be resolved
2. What is your vision/hope? (listen)
3. What is true? Gather info
4. Release other's expectations, "shoulds"
5. Narrow options to three (all align w/vision)
6. Envision each option and feel (or give #)
7. Identify most "right" for you
8. Confirm it resolves the decision/aligns with vision
9. _____
10. _____



Making powerful choices

1. Clarify the decision/what needs to be resolved
2. What is your vision/hope? (listen)
3. What is true? Gather info
4. Release other's expectations, "shoulds"
5. Narrow options to three (all align w/vision)
6. Envision each option and feel (or give #)
7. Identify most "right" for you
8. Confirm it resolves decision
9. Trust yourself
10. _____



Making powerful choices

1. Clarify the decision/what needs to be resolved
2. What is your vision/hope? (listen)
3. What is true? Gather info
4. Release other's expectations, "shoulds"
5. Narrow options to three (all align w/vision)
6. Envision each option and feel (or give #)
7. Identify most "right" for you
8. Confirm it resolves decision
9. Trust yourself
10. Track the outcome (build self-trust and consistency)



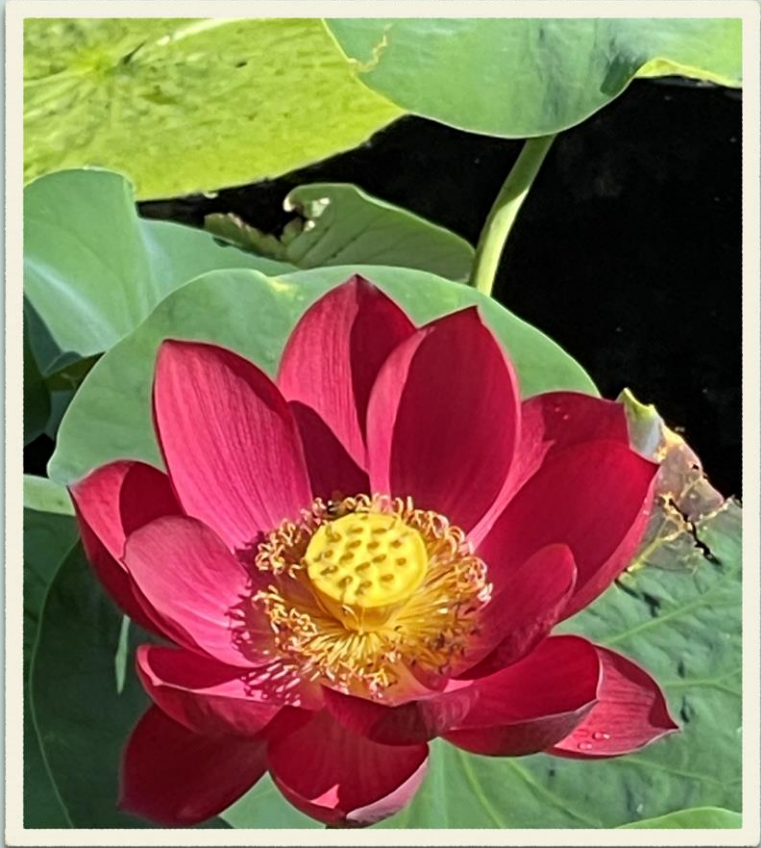
In review

Decisions create a trajectory

Take the time to work both approaches together (your style)

Aligned decisions contribute to self trust & confidence, clarity, ease

Get to know your intuitive cues for consistent results you can trust



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