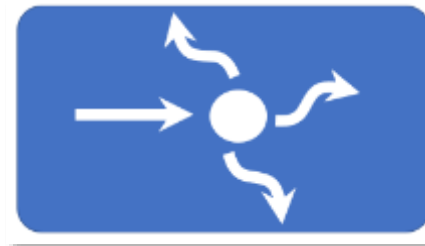


# Making Critical Decisions

DECISIONS

This is an EXAMPLE



Your Gut

1 INTUITION



Capture Everything

2 A SCRIBBLE Map



Remember Your Criteria

3 What drives You?



Unleash the Rational Mind

4 Processes



Asking the Spirit

5 Bigger than You



Pause, Simplify & Write

6 A Table



Letting Go of Decision

7 By Taking Action

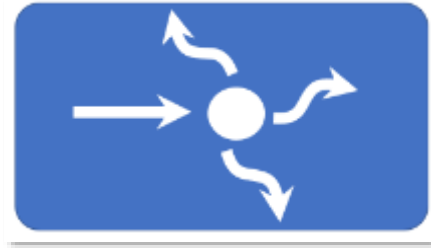


Review, Reflect & Restore

8 Done much Later



# Making Critical Decisions



**Do you feel like this  
sometimes when Making  
a Decision?**

**Purpose:** A Process to Make Larger more Critical Decisions & to later gain feedback & expand your experience.

**All or Nothing?** No, you might go through all or just some of these steps depending on the crucial nature of the decision.

**Why These Steps?** Their very nature is common since developed & refined over 1/3 century of experience.

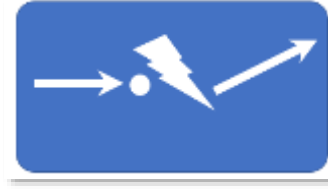
**Do the Steps Need to be done in this Order?** No, only the 'Gut Feel or Intuition' step wants to come first.

**Why all of the Graphics?** To make my point without words, to have fun along the way and to point to this concept later.

**Are there Other Steps or Better Ways?** Yes, likely there are. *I will keep looking and enjoying the journey.*

1

## Your Gut INTUITION



**TIME  
SPENT** 5 minutes

Stop thinking for a moment & capture you're your initial 'Gut Feeling'

What is your intuition telling you?

Before you start thinking, what is the answer?

If you have not gut feel, skip this step & move ahead...

If yes, then please write it down & store it away, we will use it later.

1

## Your Gut INTUITION



TIME  
SPENT 5 minutes

**Decision to Make:**

**Leave Big Corporate Job switching from My Chosen Profession  
(MCP) to My Chosen Vocation (MCV)**

GUT/INTUITION – YES!

Example

2

## Capture Everything A SCRIBBLE Map



**TIME** 40 minutes  
**SPENT** Two sessions?

You will need a few sheets of blank, unlined paper

Beginning writing the minute your mind starts working

Let your emotions flow, let your logic come out, just *FLOW*

There is no order to this, no format, the only criteria is that you can read it later

This is meant to be wild & fun. It can be a combination of both pictures & words

Continue until you have exhausted yourself with ideas this continues

Get it all down. If your not done after the first session, get more paper & do it again!

Begin to understand your unseen options during this growth \*

**You might consider this a Map as you progress & might help you discover more options that you currently see.**

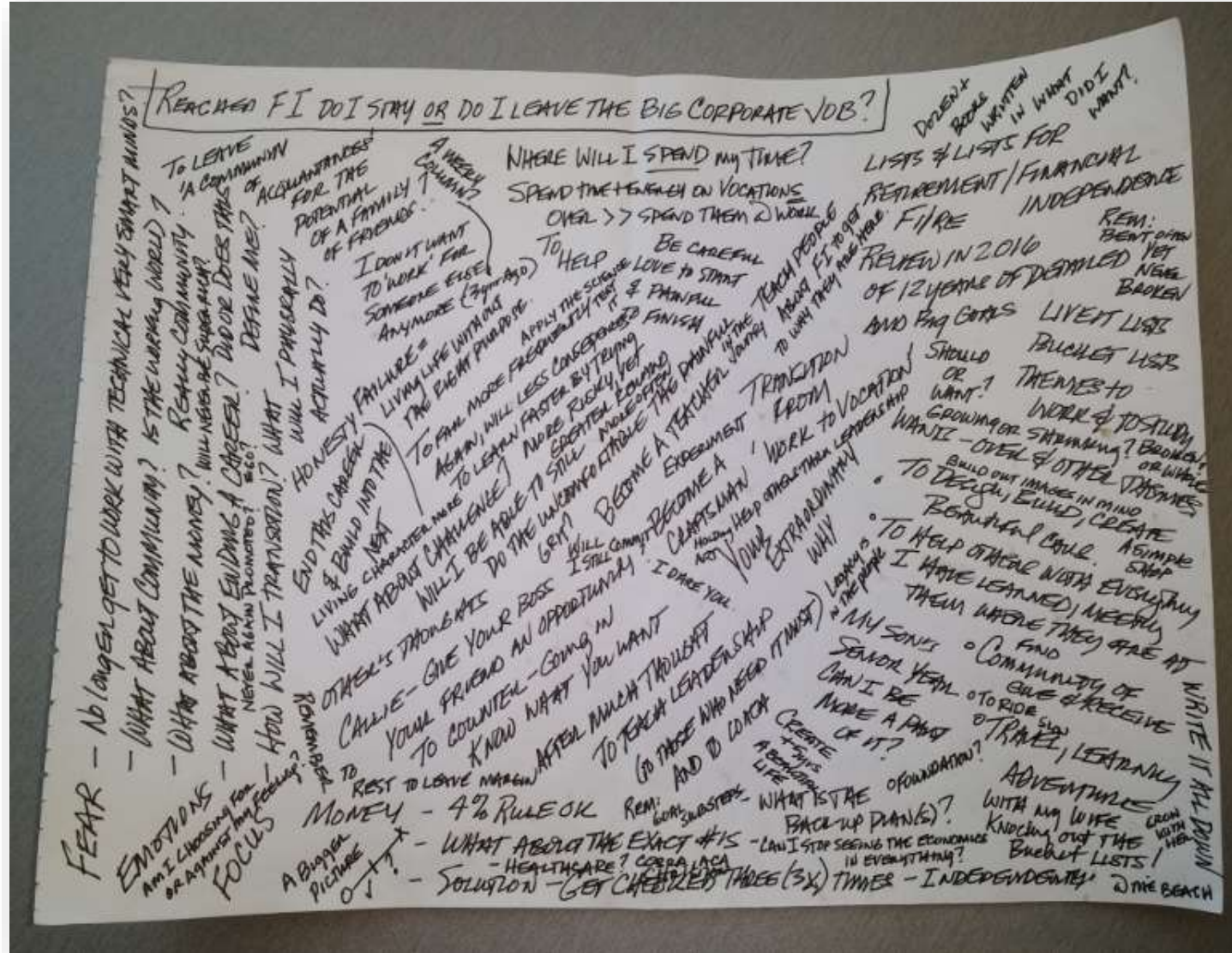
- To better understand processes of creating more options, by growing consider [Limitless Mind – Learn to Lead and Live Life Without Barriers](#) by Jo Boaler .

2

# Capture Everything A SCRIBBLE Map



TIME 40 minutes  
SPENT Two sessions?



Example  
Scribble!

3

## Remember Your Criteria What drives You?



**TIME  
SPENT** 30 minutes

Your Criteria – Focus and remind yourself what is most important to you:

- Traditions
- Values
- Beliefs
- Principles
- Categories of Your life
- Your Perfect Day Exercise (*see Deeper Blog #5*)
- Lesson's Learned from you past Experience

What drives you to move ahead each day?

What are your 'filters of importance'?

If you find yourself falling backward & questioning a decision you have made right afterwards I challenge you to better understand your criteria or what is most important to you.

*I will follow on in later Deeper Blog creating Criteria on 'How you might Lead Your Own Life'.*



3

### Remember Your Criteria What drives You?



TIME  
SPENT 30 minutes

A few of the values/principles and guidelines I carry around as reminders that are relevant to this decision.  
*You are asking yourself, "For this decision, which guidelines are most important?"*

Truthful

**Honest**

Optimistic

Courage

**Heart**

Perseverance

**Freedom**

**Creative**

**Listen**

**Helpful**

Practice

Focus

**Risk**

Example

- You have one life to live, live it wisely with an indomitable Spirit balancing the mind, the body & the Spirit, always making the most of each*
- Lean into it, for small steps become a storm of action*
- If there is too much daylight between your purpose and your career, focus will be lost and wandering will prevail*
- You are no better than your actions*
- Risk it, Plan it, reflect on your progress & it will come true*
- There is no legacy as rich as honesty*



4

## Unleash the Rational Mind Processes



**TIME  
SPENT**

60 minutes  
per method

Some Potential Methods:

- ✓ ③ - Critical Decisions Matrix, emotions into numbers to develop key questions
- ✓ ① - Fear Setting, finding what might be holding you back actions beyond a Pro/Con list
- ✓ ② - Risk & Reward Exercise, reflecting to fill you confidence (*see Deeper Blog #6*)
- Critical Thinking, trying on your potential Decisions I Assume this happens resulting in that
- Perspective, trying on what someone else may see as they look at your life
- ✓ ④ - 'Trusted Discussions', to help summarize your thoughts & direction
- Your trusted yet Imaginary Council, who from the past & present may guide your future
- Pivot!, to trial a decision now with little preparation – some chose to ready, fire & then aim

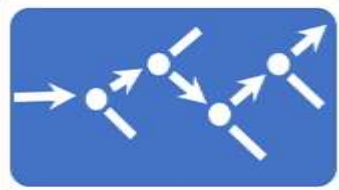
And developing Questions all along the way that need either Assumptions and/or Answers to move on.

*I will follow on in later Deeper Blog on the 'How to process'.*

4 Examples

4

# Unleash the Rational Mind Processes



**TIME SPENT** 60 minutes per method

**EXERCISE:** Simple Pro / Con with Action around each Con or Fear. You could also look at this as a form of 'Fear Setting' on the Con side

**Title:** Ok, I'm here at Financial Freedom - What do I want MORE money or MORE time? (~10/16)

## # Pro - Stop Now

- 1 I want to leave now - YES
- 2 Freedom now - Spend time how I want
- 3 Time to Invest - Could get back that 1 year of salary
- 4 Time to find true passions & work hard on them
- 5 Can always 'work' again for \$ - rem: Your Money or Your Life
- 6 Struggling now - Using Financial Podcasts for hope
- 7 Not 'fired-up'- not in a longtime (~10m) to go to work
- 8 Yet, 'fired-up' to work with hands & create
- 9 Time to read again
- 10 Time to explore - travel, learn about mind
- 11 Time to rest - stop striving for a while
- 12 Plan was always to stop in 2017 or net worth slight north of 4% rule

## # Con - Leave in 1 year

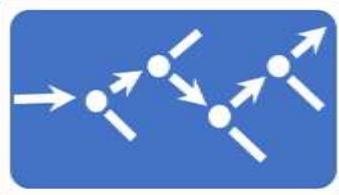
- 1 Still recovering from sickness, so would not be leaving strong
- 2 Loose 1/3 salary in bonuses - could spend on RV, kit car, foundation, finish cover son's education \$
- 3 Scared/Fear - What did I miss financially?
- 4 Market tanks? Fear of 'sequence of returns' - emotional pain, I failed & must go back
- 5 Miss 'free work trips' - cool 'vacations' with family
- 6 Could have taught Leadership at least twice more
- 7 Loose company 'options'

(see next page for my actions around addressing each Con or Fear)



4

# Unleash the Rational Mind Processes



**TIME SPENT** 60 minutes per method

## ACTION Planning around Fears or Cons:

{ Reflecting Back (REFLECT): with 3 Years of perspective with what actually happened }

# Fear / Con

Action (Note: Each one of these actions could be considered an ASSUMPTION --> read the { Blue REFLECT } to see how it turned out)



**Example  
Con/Fear +  
Actions**

1 Still recovering from sickness, so would not be leaving strong

- Getting better fast
- Within 2 weeks will be full-time at work
- People will not remember me sick, will be working full strength ~ 1m prior to departure

{ (REFLECT): Go off all meds, 100%+ stronger & finished strong! Strongly recommend }

2 Loose 1/3 salary in bonuses - could spend on RV, kit car, foundation, finish cover son's education \$

- Will not be able to do all of these with 1/3 salary, but have \$100K kitty anyway
- There is enough money, its OK
- Details around plans to spend

{ (REFLECT): Decision was made to leave at year end, yet offer from Leadership allowed me to stay an additional ~ 5 m to collect salary & bonuses. Took family to HI! }

4

## Unleash the Rational Mind Processes



**TIME SPENT** 60 minutes per method



**Example Con/Fear + Actions**

3 Scared/Fear - What did I miss financially?

- Planned three 'objective' reviews of our financial plan

- Fidelity Tool + Advisor, Justin @ RootofGood, Rusty Bynum @ Foothills Wealth Management

{ (REFLECT): Yes, objectively reviewed finances with three independent resources. I highly recommend this approach. }

4 Market tanks? Fear of 'sequence of returns' - emotional pain, I failed & must go back

- What am I going to work + X years in SPEND time on something I can just fix with Allocation

{ (REFLECT): Yes, I moved on. I was able to sleep better at night by lowering equities allocation to ~50% & created 'rules' for monitoring financials in Dashboard spreadsheet }

5 Miss 'free work trips' - cool 'vacations' with family

- OK we had some fun in Europe, but is this worth my plane ticket paid for & % of room

- Have \$10K/year budgeted for trips

{ (REFLECT): Yes, I lost the 'free trips' and did not travel again under company funding. Yet, with budgeted travel \$ this has not mattered.}

6 Could have taught Leadership much more at Company

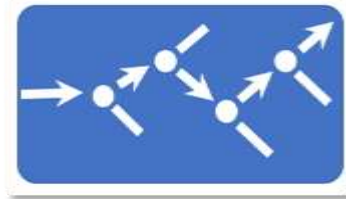
- You said to self contact local - schools, charity for seminar or semester

- Also contract to corporate teach & potential on-line (strayer)

{ (REFLECT): Yes, I lost the inside ability to teach within company walls. I have been offered since to return to 'teach', yet I have found other areas to 'teach/coach/mentor'.

4

# Unleash the Rational Mind Processes



**TIME SPENT** 60 minutes per method



**Example**  
**Risk & Reward – Part 1**  
 (see also Deeper Blog #6)

Title	Description (Brief)	Risk, Assumptions & Mitigations	Reward or Pay-off
<p><b>Leaving the Big Corporate Job</b></p>	<ul style="list-style-type: none"> <li>- Leave the big paycheck to SPEND time my time better.</li> <li>- My Chosen Profession (MCP) --&gt; My Chosen Vocation (MCV)</li> </ul>	<ul style="list-style-type: none"> <li>- Financial - Enough money, able to pay taxes &amp; healthcare?</li> <li>- Mind - loss of contact with very smart minds?</li> <li>- Emotion/EGO - loss of Leading/Power?</li> </ul>	<ul style="list-style-type: none"> <li>- Time &amp; Energy to spent on Vocations with my limited life</li> <li>- Still strong &amp; can physically do most hard things</li> <li>- Time to chase more money or decide enough it is enough</li> <li>- Helping Others &amp; listening to their Spirit</li> <li>- Deeper communities of giving &amp; receiving</li> <li>- Building Beautiful Cars</li> </ul>
<p>Category</p>	<p>Financial Independence (FI)</p>		
<p>Thoughts at the time:</p>	<ul style="list-style-type: none"> <li>- It is time to move on &amp; use what life I have left - better</li> <li>- Even with great planning this causes fear</li> </ul>		

4

# Unleash the Rational Mind Processes



**TIME SPENT** 60 minutes per method

Later Reflection:

- Did the Risk manifest itself?
  - Financial - Money? - No, 4% Rule holds, 50/50 Allocation to reduce 'sequence of returns'
  - Financial - Money? - 'Roth conversion ladder' able to move large sums of money twice so far to be untaxed
  - Financial - Healthcare/Tax? - Able to do 'Roth conversion' within Affordable Care (ACA) income limits
  - Exposure to smart technical minds? - Yes, this deep technical challenge seems to be done
  - Loss of Leading/EGO? - Yes, this hurt initially, but found deeper community to lead in
- Did the Reward pay-off & how?
  - Yes, yes, yes as I better understood Stuff <<< Experiences through ACTION
  - Travel, training, learning, communities, more skilled and better stretched for & by others
  - A simple look: able to get up before sunrise without alarm & CREATE
- Did you continue on after Risk manifest itself?
  - Yes, with Joy & Peace
- Were you prepared for the Risk?
  - Yes, with planning around larger cons or fears and No, to the unknown Risk of 'Doing Too Much' (see future Deeper Blog)
  - Find something to transition to, while facing squarely what you are leaving from. (see 1st Deeper Blog for a checklist of potential suggestions)
- Is there a KEY lesson learned?
  - Watch for 'Doing Too Much' - with effectively no weekends and no Mondays your life may end up over running itself
  - Back-up plans help you better understand the actions you need to take to help you sleep at night
  - When changing from My Chosen Profession (MCP) to My Chosen Vocation (MCV) the earlier the better, you will have more energy to do what you were put here to do
- Do you still do this?
  - Yes - my Vocations are my life



**Example Risk & Reward – Part 2**  
(see also Deeper Blog #6)



4 **Unleash the Rational Mind Processes**



**TIME SPENT** 60 minutes per method



✓ 3  
**Example Career Decision Matrix (CDM) Part I**  
 (see Future Deeper Blog for details on process)



# 4 Unleash the Rational Mind Processes



**TIME SPENT** 60 minutes per method

QUESTIONS AND CONCLUSIONS

① 66/67% VS. 98/100% OBVIOUS I WAS READY TO MOVE ON

② Looking to UNDERSTAND WHY? → HOW MIGHT I RAISE A SCORE?

Ⓐ HOW COULD I INCREASE MY EFFORTS IF I STAY @ CORP JOB?

- TAKE ON MORE RESPONSIBILITY WITH LARGE PROJECT
- BECOME A MORE SENIOR LEADER
- ASK MY SUPERVISOR TO GO HOME & SIDE HOURS MORE
- MOVE TOWARDS THAT OF COMPANY'S THAT IS FASTEST GROWING

Ⓑ HOW COULD I INCREASE CREATING WITH MY HANDS @ CORP JOB?

- SWITCH FROM OFFICE PAPER TO FASTEST SREWING MANUFACTURING → ASSEMBLY
- START LARGE PROJECT AT HOME FORCING ME TO GO TOWARDS SOMETHING I ENJOY MORE

✓ ③

**Example Career Decision Matrix (CDM) – Part II**  
(see Future Deeper Blog for details on process)

Ⓒ HOW CAN I BE MORE HONEST @ CORP JOB?

- AS LEADER YOU ARE APP'D TO HOLD SOME INFORMATION BACK → TEST THE BOUNDARIES AT A MINIMUM JUST PRAISE MORE WHEN YOU DISAGREE WITH SAID POLICY
- ASK BETTER QUESTIONS OF SR LEADERS IN PRIVATE TO BETTER UNDERSTAND THE WHYS OF SAID POLICY.

Ⓓ SO WHY DO I NOT SPEND MORE TIME CREATING?

- MORE OPPORTUNITIES IN OTHER AREAS. W/ HANDS!
- I WILL GET INTO SHOP TO FIX SOMETHING THAT IS BROKEN – BLOWN ENGINES
- I DON'T LIKE WORKING WITH HANDS IN COLD AND WHEN HANDS ARE DRY & CRACKED
- TEACH/COACH/MENTOR & BUILD BEAUTIFUL CARS FOR RIGHT NOW

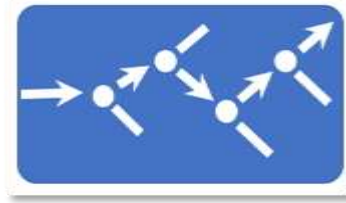
③ So, I DECIDED TO STOP THE CORPORATE JOB

## So action did I take with these Questions?

Nothing, I knew I could do these actions & I could improve the scoring, but I made a decision for something better.

4

## Unleash the Rational Mind Processes



**TIME SPENT** 60 minutes per method

### ✓ 4 OK done right? Decide it is time to go, yet ...

Example

After a great and 'trusted discussion' with my wife, *some of her suggestions*:

- You can't just send in your notice when we are on vacation.
- You owe it to your friend, your leadership and to yourself to ask them for what you really want.

I took my wife's sage advice, I thought what I would want to close the gap between what I really wanted to do and what I was doing. My friend in leadership then counter offered a compromise maintaining leadership in my current position and splitting my time while creating a new position. I was asked to create a proposal to expand this new position to cover all of Engineering at my facility. **Deal.** Unfortunately, in the end the deal was broken due to the 'state of the business' and I moved on.

The point is due to a 'trusted discussion' I was able to reach deeper to find I really wanted and then to clearly ask for it.

5

## Asking the Spirit Bigger than You



**TIME  
SPENT** 30 minutes

Many methods to do this, some keys are to PAUSE, LISTEN and ACT:

- I have only learned to do this recently, coming to the realization that God still speaks
- Some reference information below \*

I am not suggesting 'Religion' per say, I am suggesting that you have the opportunity to have a direct relationship with God. God is always there, it is up to you to move towards understanding His plans by asking Him.

Key is your ability to DISCERN if God is speaking in these quiet moments.

Reading His love letter to us – The Bible & discussions with trusted people in Faith have helped me DISCERN the 'Will of God' and *my small piece* of His plan. Am I perfect? No, I am most certainly broken & saved by Him.

Yet, He invites me, He invites all of us, to take action with Him in His plan.

I understand this is my Belief & may not be your Belief(s) & this is OK.

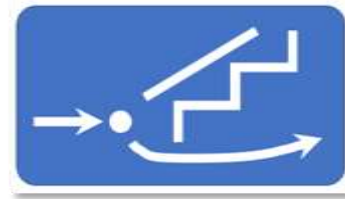
This website is founded on *my Experience* & this has helped me find *my small piece* in His Will.

1. Practicing His Presence by Brother Lawrence & Frank Laubach
2. The Making of an Ordinary Saint by Richard J. Foster
3. Hearing God in Conversation by Samuel G. Williamson
4. Seven Realities for Experiencing God by Henry & Richard Blackaby

Unfortunately, I  
did not  
understand this  
step at the time  
of this decision

6

# Pause, Simplify & Write A Table



TIME SPENT 60 minutes

So how might you put this all together?

A simple Table might help:

	What I Learned:
Your Gut – INTUITION	
Capture Everything – A SCRIBBLE Map	
Remember Your Criteria - What drives You?	
Unleash the Rational Mind - Processes	
Asking the Spirit - Bigger than You	
Pause, Simplify & Write - A Table	
Letting Go of Decision - By Taking Action	
Review, Reflect & Restore - Done much Later	

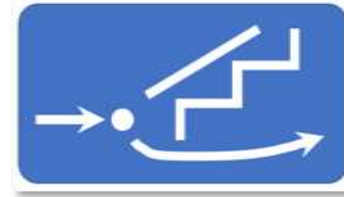
OK Time to STARE & CONCLUDE

Final Thoughts?

Now ***DECIDE*** for it takes, but an instant.

6

## Pause, Simplify & Write A Table



TIME  
SPENT 60 minutes

Example

OK Time to STARE  
& CONCLUDE

Final Thoughts?

**Done!** I did my best in preparation & in the process of making this critical decision.

Putting this critical decision all together:

#	Step	What I Learned:
1	Your Gut – INTUITION	<b>Yes, leave Corporate Job now</b>
2	Capture Everything – A SCRIBBLE Map	<b>Yes, leave Corporate Job now, but</b> also brought up many concerns, questions & benefits for leaving now
3	Remember Your Criteria - What drives You?	Most important 'Guidelines/Criteria' of: <b>Create, Honest, Heart, Helpful, Listen, Risk &amp; Freedom</b> I used these to focus the next steps
4	Unleash the Rational Mind - Processes	<b>Yes, leave the Corporate Job now and then No, clearly ask for what you really want.</b> Mind based tools of: Career Decision Matrix (CDM), Pro & Con with 'Fear Setting', Risk & Reward all allowed me to prepare & make the decision. 'Trusted discussion' forced me to dig even deeper into what I really wanted.
5	Asking the Spirit - Bigger than You	Unfortunately, I did not understand this at this time.
6	Pause, Simplify & Write - A Table	This table. All signs pointed to <b>'Yes, leave the Corporate Job now', yet one part of process 'trusted discussion' forced me to dig deeper.</b>
7	Letting Go of Decision - By Taking Action	<b>Many of the processes pointed toward 'Yes, leave the Corporate Job', yet through a 'trusted discussion' another answer was found by 'searching more deeply</b> and asking for what I really wanted. In the end this critical decision was very easy to let go of, for I knew I had done all that I could do.
8	Review, Reflect & Restore - Done much Later	<b>This critical decision was made well even looking at it with the perspective of time.</b> The assumptions I made do decide have held and life has expanded ever since.

7

## Letting Go of Decision By Taking Action



**TIME  
SPENT** 30 minutes

### Examples I used

#### Mindfulness

- ✓ **Meditation** – Accepting & Letting Go
- ✓ **Yoga** – Focus on Breathing, Movement & focus on the Matt
- ✓ **Prayer** – Giving up to God
- ✓ **Endurance Athletics** – Finding bliss by Exhausting the Body
- ✓ **Martial Arts** – So much focus that all else falls away
- ✓ **Racing** – How competition can shed light on the everyday
- ✓ **Simple Breathing** – Letting go both Mind & Body in a Exhale
- ✓ **Capture Everything** – Letting go by knowing it is all accessible later, GTD\*
- ✓ **Schedule Your Future Review** – Setting a time for Reflection, helps push it away

There are so many of these, the key is to find a few that work for you & to practice these methods enough so that your Mind & Body is draw to them as you need to let go & restore.

### Taking Action

As you went through this process you likely found action steps you could take. Prioritize them into the NEXT action & do it.

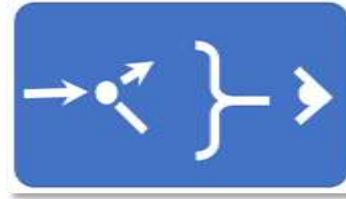
*Just taking physical action in anything aligned with your overall plan is a release. It is key that you move TOWARDS your decision will all the Focus and Grit you have.*

*Begin to consider what new Habits you might need.*



8

## Review, Reflect & Restore Done much Later



**TIME  
SPENT** 120 minutes

### Review & Reflect

If you have a process that looks back at the week, the month and maybe even the year, this will come out naturally.

If you are new to Reviewing your life to Learn your way forward, here are some tips:

- Recommend that you do not do this too soon, let the sting of change take place. This might take one to six months after you made the decision, so to settle emotionally.
- \*\*\* CAUTION \*\*\* Reflections can turn into Regret. Do not dwell too deep for too long. Reflections are meant for Learning to encourage you to change what happens NEXT. REFLECTION  $\neq$  REGRET, REFLECTION  $=$  Future NEXT COMMITMENT
- Look back at the Assumptions – What really happened? Where they correct or not? Are you better off now? How has the transition gone so far? Are you growing or shrinking in a direction that aligns with ‘the overall plan’? Think, this is as your well earned Feedback.

### Restore

The very act of learning from your decisions will refresh you. Many choose not to do this step in life because it exposes their EGO.

*My Experience in learning from my decisions has reduced the likelihood of getting stuck doing the same ‘opportunities’ again & again & provided more ‘Joy in the Journey’.*



8

## Review, Reflect & Restore Done much Later



**TIME  
SPENT** 120 minutes

**Review & Reflect - Summary:** *I would not change a thing!*

*So, let's look at 'some of the things' that have happened since:*

### ✓ SPIRIT & FAMILY

Middle daughter's graduation from College  
Youngest son's graduation from High School  
Trips to both HI and PERU ~ 3 weeks each  
Road trip to extended family up & down east coast each year  
To FL each winter 2, 2.5, 3 weeks each year to recharge  
To Seattle/Vancouver & FL with my bride for her events  
'Knee-mail', Essentials expansion & Hearing God

### ✓ TEACH/COACH/MENTOR - LEGACY

Mentoring both secular & Christian  
Writing/Coaching/Teaching Business  
Review Financial Freedom principles with dozens of people

### ✓ TRAVEL & LEARNING

Road trips in car I built to McPherson College KS for  
Paint & Metal working each for 2+ weeks  
Road trip to FINCON in Dallas, TX  
Road trip to Grand Canyon & SEMA in Los Vegas, NV

### Restore

Leaving the Corporate world was ablessing I only partially understood at the time.

*We ask where  
Legacy resides & it  
is not in a statue or  
a building built in  
your honor.*

*It is in the PEOPLE.*

### ✓ PHYSICALLY UNLIMITED

Bicycle across SC (3 days/~250 miles) &  
NC (7 days/~500 miles) each year for charity  
Road Titan 300 (3 days/~300 miles/30,000 ft of climb) for 2<sup>nd</sup> time  
Stronger physically than ever by weights & yoga multiple times/week

### ✓ CREATE / BUILD / CRAFTSMAN

Business rebuilding little convertible cars – Miata  
Learning to 'tune ECU' for turbo & n/a performance  
Become a mason moving 18,000 lbs of stuff in & out to install pavers  
Construct a small, yet functional shop