

Decisions, Decisions

By Susan Britton Whitcomb

Having difficulty coming to a decision? Some of these coaching questions may help:

- What impressions have you had from the Lord as you've researched and prayed?
- What confirming circumstances have you witnessed?
- What does obedience look like in this situation?
- If you visualize yourself in this position, how does it feel? Are you inspired to do this?
- What would it take to be able to say "yes" to this new direction? What steps can you take to make that happen?
- How does this compare to the status quo? What benefits would the new position bring you?
- Recognize there are always gains and losses with any transition. What conflicting feelings might you be having now (for example, self-doubt and trepidation mixed with excitement and anticipation)?
- What positives would you lose in leaving your old career (friends, benefits, and so on)? Can they be plugged in somehow to the new choice?
- On a scale of 1 to 10, how okay are you with this decision? What would it take to make it a 10 (Volunteering? Taking a class? Giving yourself a trial period? Giving yourself permission to go with it even though you don't have all the answers? Changing one aspect of the career to suit you better? Knowing that you can tweak the job as you go along?)?
- Based on what you now know, and if you had no restrictions holding you back, what would your ideal job be?
- Do you have the faith to do this? (If not, ask yourself: Looking back, when did you face a situation that required stretching your "faith zone"? What did you learn from that time? How will you approach this situation as a result?)
- What works best NOW?
- What's at the root of not making a decision? Busyness, lack of resources, fear? What does God's Word say about those topics? What steps can you take to remove that root?

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One of these strategies might be helpful if you're having trouble making a decision about which career direction to follow:

- **Decision Tree:** Sketch a tree that shows large branches for each of the major career options; smaller branches coming off of the main branches are labeled with words that describe the potential opportunities associated with each major option. Which branch is the fullest or has the most appealing "fruit"? Perhaps the option you desire the most is high up in the tree, difficult to reach. What hindrances are in the way, and how will you remove them?
- **Guided by "Godbumps":** We're all familiar with Goosebumps – the tingly feeling that tells you things are happening even though you can't see them. I like to call them Godbumps, because God often uses them to confirm something I've been praying about or learning in His Word. As you explore your options, pay attention to the Godbumps. If you're torn between two options, Godbumps might just be what tip the scales.
- **The Beanie Ball Cap:** Remember the little ball caps with a rotor atop that twirls in a breeze? Pretend you're wearing one! The rotor whirls at full speed when your head and heart love a particular career direction, but it freezes at a standstill when the direction is totally unworkable. Which option buzzes your beanie the most?
- **Shock Therapy:** Heaven forbid, if you were given the news that you had six months to live, what kind of career would you choose?
- **The Great Debate:** Pretend you're arguing both the pros and cons of your career options. Which option wins?
- **Imaginary Roundtable:** Assemble an imaginary roundtable of wise, impartial advisors. These can even be Bible greats, such as Moses, Paul, and, of course, Christ. Ask their advice on which direction is best.
- **The Butler:** An English butler is at your disposal. He approaches you with two silver platters, one in each hand. Career option "A" is in his left hand, and "B" in his right. Which platter do you reach for?
- **Guided Imagery:** After bringing yourself to a state of deep relaxation, imagine yourself in a totally safe and calm environment. A benevolent being, perhaps Christ or an angel clothed in white, approaches. You feel a sense of peace in His presence. He gives you a present that is representative of your future career direction. You slowly unwrap it and discover a _____. You thank Him and ask for wisdom in using your gift wisely.