

Discussion Guide for:
Decide Better! For a Better Life Discussion Guide

From big decisions about relationships, education, and careers to small everyday decisions, ***Decide Better! for a Better Life*** is a motivational book developed to help anyone improve their decision-making skills in all aspects of their life. The author is clear that there is no one perfect way to make a decision, but rather seeks to provide a roadmap – or a process – for making the best life-shaping decisions.

This book is quite different than others that may cross your book club reading table. Each short chapter contains an individual lesson, technique, or insight that covers a wide range of decision situations. Some provide insights into how decisions are made to help you understand how to approach decisions. Others will help you understand why certain people approach decisions differently than you do. This format provides ample material for invigorating book club discussion. You can read the book in different ways: from beginning to end; each member can take several chapters to report on; or, randomly reading chapters that look interesting.

Questions to Get Your Decision Discussion Started

1. Every day we make hundreds of decisions and in our lifetime we make more than a million. Some are small and routine: What are you going to wear. Or eat for breakfast. Some are larger and more significant: Will you change jobs, start a new business, purchase a new car? Who will you date or marry? Name one large and one small decision that you made today, or in the last week?
2. Discuss difficult decisions that you have had to make in your life. How did you approach them? Would you make the same decisions if you had to make them today?
3. What are the most striking examples of good and bad decision-making that you notice in your friends and family? Do your friends and family use techniques that are the same or different than your approach? Think of examples where you had to compromise with a loved one on a difficult decision. How did you reach that middle ground?
4. How might your life be different if you made better decisions? Would you have better relationships? Would you be at a different income level? Would you have different interests? Would you live in a different location or a different house? Would you owe less money or more? Would you be happier?
5. Discuss the obstacles as well as the goals that play a part in your daily decision-making.

Decide Better! Overview Questions

1. ***Decide Better for a Better Life*** is full of proven decision-making techniques that can be used right away to improve your decision making skills. How might one of the lessons help you with an upcoming decision?
2. Which chapter did you find the most interesting? Which of the stories or anecdotes presented in ***Decide Better! for a Better Life*** resonated the most with your personal experiences?
3. What did you discover about your habits as you read through the chapters? Do you tend to be a “frog in boiling water”? A “deadline-setter”? A “coin-flipper”? A “decision-enabler” or “decision proof”?

Questions Related to Specific Chapters

1. In *Experience Counts* (Chapter 7) the author asks you to consider your history of decision-making to learn from your mistakes. Think of a bad decision that you have made and what went wrong? Did you have the necessary information to make the decision before you made it? Did you make the decision too prematurely or too late? Did you weigh the pros and cons of the decision appropriately? Did you learn something about yourself – perhaps your strengths or weaknesses or biases – that you didn’t know previously?
2. In *Batting Averages* (Chapter 12) the author asks you to assign yourself a good-decision average for different types of decisions. Fill out this chart and discuss. Were you surprised by the distribution of your ratings? What type of decisions are you the worst at? Would your life be better if you had a better batting average in some of these categories? How might you apply the lessons of ***Decide Better! for a Better Life*** to improve your skills for these types of decisions?
3. In *Changing Lanes* (Chapter 13) the author discusses the importance of living your life at the right speed – not to just play it safe and go too slow or make reckless decisions and forget to make good choices. Look at the different decisions in your life – your career, your family, your relationships etc. Are you in the right decision lane? Are you making good decisions at the right pace to stay in that lane?
4. In *Finding a Labradoodle* (Chapter 33) the author notes that the internet is a valuable research tool that can help you make decisions. How do you use the internet in your everyday life to help you decide?
5. No one likes to make tough choices and putting it off until tomorrow can often seem like a good option. In *Procrastination* (Chapter 41) and *Indecision* (Chapter 42), the author describes a number of techniques to help you avoid procrastination and indecision. Describe a situation where one of these solutions could help you get the job done.

6. In several chapters, including *Now or Never* (Chapter 22), *Ucant Havit* (Chapter 23), and *Buyer's Remorse* (Chapter 48), the author talks about purchase decisions and how we can easily be pushed into making a bad decision about buying something. Discuss a bad purchase decision and whether you think you were pushed into it and how you could have made it better.
7. In *Milk or Cream* (Chapter 50), *Double Black Diamond* (Chapter 64), and *Size Matters* (Chapter 76), the author discusses how different decisions should be considered more or less important and that you should spend your time and energy accordingly. Are there certain types of decisions that you think you spend too much time making and others that you think you should spend more time on? What are these?
8. In several chapters throughout the book, including *At Knifepoint* (Chapter 3), *The Lady or the Tiger* (Chapter 62), and *It's Personal, Not Rational* (Chapter 66), the author talks about how we sometimes make decisions based purely on emotions, not on rational thinking, and how this often can lead to bad decisions. What decisions have you made where you believe you based your decision on emotion and not rational thinking? Would you make these decisions the same way if you had to make them over again?
9. In the chapter *I've Been Framed* (Chapter 6), the author talks about how people use various techniques to “frame” other people into making decisions that they want them to make. Discuss a time when you think you were framed into making a decision and a time when you intentionally framed someone else into making a decision you wanted them to make.
10. In *The Duel* (Chapter 81), the author discusses how pride can come into decision-making and can often lead to making a bad decision. While pride should be one component of our decisions, the author doesn't believe it should be the most important one. Discuss a decision that you made when you think you let your pride lead you to make a bad decision.
11. In *Running with Lemmings* (Chapter 84), the author talks about how many times people make decisions because other people are also doing the same thing without stopping to think whether those decisions are actually to their own benefit. Have you ever made a decision without thinking about your specific situation and simply gone along with what the crowd was doing?
12. In *See If It Fits* (Chapter 15), the author recommends a method for trying on a decision before rushing into making it. What decisions that either you're facing right now or that you've faced in the past do you think this would be a useful method to make a better decision?

There are also additional resources to enhance this discussion available on the Decide Better website, located at www.DecideBetter.com.