



**ART OF COACHING PODCAST™ EPISODE 191  
A TOOL FOR MAKING BETTER DECISIONS**

Before listening and/or reflecting on this episode, make sure to download your free decision making tool here:

[artofcoaching.com/decision](https://artofcoaching.com/decision)

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What's the biggest decision you've had to make recently? What's a small decision you have to make on a daily basis? Which tend to be more difficult for you? Why?

How do you go about making decisions right now? Do you go with your gut? Do a lot of research and make a spreadsheet? Talk to family and friends? Describe your process from start to finish.



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For each of the variables we ask you to think about in the matrix, give an example of each in a current or recent decision you had to make. This decision could be anything from buying a car or deciding to leave a job!

Why is it important to practice using this tool in low-stakes decisions prior to higher stakes?

Where else would you think about using this tool? How could it be improved? What variables would you add or subtract?



## Art of Coaching Podcast™

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### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



**Art of Coaching Podcast™**  
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# Art of Coaching Podcast™



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