

Born Ready Project

Decision Fitness

Applies to *In-the-Moment* Decisions

(little time to make a decision)

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- The ability to stop, think and make a decision when there is not much time to think about it

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- Helps for decisions when time is short
- Some of these decision are insignificant
- Others are significant or life changing.

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How do you become Decision Fit?

Avoid:

- Being over-emotional
- Under the influence of foreign substances.

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Tips:

- Try role playing and practicing real situations
 - Ask someone else to help