advice chief

The best time to make important decisions

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When do you make important decisions in your life? When things are good or when bad things are happening? Most people make life-altering decisions when things aren't going well, mainly out of necessity or desperation, but it would actually be much better to make such decisions when the going is good.

Accordingly to leadership expert John Maxwell, people typically look for relief in the despair of the valley instead of waiting for the clarity that comes from being on the mountaintop. Why? Because people usually spend more time and exert more effort while they're in the shadows of the valley, often to the point of exhaustion or desperation. When discomfort strikes, they'll succumb to quick decisions to relieve the discomfort. Unfortunately, those quick decisions often turn out to be ineffective or bad decisions.

The best time to make important decisions, though, is when you are on top of the proverbial mountain. It is there that you can see your situation more clearly. It is there where you can get a good view of surrounding peaks to best determine your next move in life. Making decisions in the valley, where it is impossible to get a view of an adjacent valley, leads to surprises and disappointments.

The best thing you can do in the valley is persevere. If you keep fighting your way through, you're likely to get your second wind, just as distance runners do. It's said that only when runners are exhausted enough to reach that place do they find out what they can truly accomplish. With perseverance, you can get to the mountaintop.

So don't make important decisions under duress if you can help it. Get to a place where you have a clear view with as much information as possible. It is then that you can truly take hold of your destiny.

~ The End ~