

TRANSCRIPT

Ep 093: Shannan Monson on Making Decisions from a Place of Faith Vs. Fear, 3 Questions to Ask Yourself When Making a Choice, and Staying True to Yourself

Shannan Monson, Intro Clip: A good way to think about it is, if this wasn't in front of me right now, would I go out of my way to fight for it? Or am I just afraid of what someone's going to say think or feel if I see now is this decision motivated by my ego, the way I look to others, or my highest self, who I want to become, and if my opinion was the only one that mattered? What would I choose? And as a gentle reminder, your opinion is the most important one that matters.

Suneera Madhani: From CEO school it's Wine Down Wednesday, pour yourself a drink and join us for CEO happy hour as we share the messy behind the scenes, straight talk and real world advice to help you level up in leadership and in life. Cheers.

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If you ever heard the phrase that you can't be committed to your dream and your comfort zone, this episode is for you, I want to talk about decision making, and specifically how to make decisions from a place of faith versus fear. So there are some pros and cons of being the boss or the CEO, the pro is there's nobody to tell you what to do. And the con is, there is also nobody to tell you what to do. And one of the best skills that you can curate and build in your life is the ability to make decisions and make competent decisions that you can really stand in. So as the CEO of your company of your life, it's your job to make decisions all day long, who to work with, what to charge, when to launch new products, what products to keep, what to kill, how many hours to work, on any given day, you probably make 1000s of decisions every single day.

And decision fatigue is very real. And if you're not intentional, it is so easy to start making safe decisions or falling into patterns that you know and what you're comfortable with. What's easiest, versus what is going to put you in a position to grow. Comfort is the enemy of growth and your if you're going to stay committed to your dreams, you have to push yourself to make those decisions from a place of faith versus fear. So here are three questions to ask yourself. Number 1 am I making this decision for me? Or because I'm afraid of what people will say about me? So is this an internally motivated decision? or externally motivated? Is this an opportunity that I would fight for? So a lot of times things are put in front of us? And we have to decide yes or no. And a good way to think about it is if this wasn't in front of me right now? Would I go out of my way to fight for it? Or am I just afraid of what someone's going to say think or feel? If I say no? Is this decision motivated by my ego, the way I look to others, or my highest self, who I want to become? And if my opinion was the only one that mattered? What would I choose? And as a gentle reminder, your opinion is the most important one that matters.

And so asking this question number 1 Am I making this decision for me or because I'm afraid of what people will say about me is going to help you decide if you're making that decision from a

place of growth or from a place of fear. Question number 2. Am I motivated by the best case scenario, or the worst? So ask yourself is your intention to prevent bad things from happening fear? Or to create space for good things to happen? from a place of faith? Are you making decisions that are best for you in the long run the long game? Or are you acting out of scarcity and fear of the short term repercussions? Is your decision rooted in the belief that you are worthy and capable of achieving your goals because by the way you are worthy and capable of achieving your goals. So number 2am, I motivated by the best case scenario, or the worst case scenario, as a general rule, you want to try and make decisions that are motivated by the best case scenario, the long run, who you want to become and not what you're afraid of losing right now. And then now.

Question number three, this one is my favorite. So listen up. If I were to start over today, what would I choose? So if you had zero obligations, zero strings attached, you hadn't built what you've already built? starting over from zero? What would you choose? So often we make decisions from a place of opportunity cost, we're afraid of what what we've already built. But there are things that are just sunk costs, doesn't matter what you decide next, that those costs have already happened, they've already incurred no matter what happens next. And so we need to make decisions about what's best for us in the future, not what we've maybe already put into something. So if you had no obligations we're starting over, or do you choose? Do you feel obligated or excited? And if you could do anything you wanted to do anything in the world? time money that you had absolutely no strings attached? What would it be? So number three, if I were to start over today, what would I choose?

These three questions have helped me in so many situations from deciding whether I should work with a new team member, or fire a client, or start a new business. There's so many ways that coming back and asking these questions, it's helped me to stay intrinsically true to myself aligned with my values and my beliefs and not have overwhelming decision fatigue. So the ability to make decisions Like you're confident and in a timely manner is a skill that's not only going to help you run your company better, it's going to make you a better leader, a better friend, a better communicator, and genuinely someone that's able to move forward in your life and create growth. So I hope these three questions asked helped you. I would love to hear which question resume most come over on Instagram and say hi @ShannonMonson. And remember that comfort is the enemy of growth and everything you want is waiting for you on the other side of hard work chasing your dreams and pushing yourself outside of your comfort zone.

Suneera Madhani: Thank you so much for listening. We hope you enjoy the show. Follow us @ceoschool on Instagram for show notes, inspiration and exclusive behind the scenes that you won't find anywhere else. We also have an absolutely incredible resource for you. It's the seven lessons we learned building million dollar businesses. These are complete game changers and we want to give it to you absolutely free. All you have to do is leave a review of the podcast, why you love the show, screenshot the review and email it to Hello@ceoschoolpodcast.com and we'll send it your way

