

## SERIES: BETTER DECISIONS, FEWER REGRETS

Episode 1: "The Integrity Question"

When we look back on regretful situations, we tend to rework the narratives in our minds to justify our decisions. This natural progression of internal thinking has made the easiest person to deceive the person in the mirror. So how can we avoid making decisions that lead to regret?

	QUESTIONS	NOTES
<b>01</b>	Is it easy or challenging for you to be honest with yourself? Explain.	
<b>02</b> >>>>	Do you ever talk yourself into decisions that are more appealing than responsible? If so, what are the warning signs to watch for next time?	
<b>03</b> >>>>	When you make a decision, what are some key factors that influence you?	
04 >>>>	When are you most tempted to sell yourself on a bad decision?	
05 >>>>	Is there a decision you're considering currently in which being honest with yourself is challenging? Explain.	
06 >>>>	Who can you trust to give honest feedback on your decisions?	

## **BOTTOM LINE**

Getting where you want to be in life means acknowledging where you currently are.

Learn something new? Have any epiphanies? Tweet your story and tag us @YourMove.