

## 5-Step Guide to Making Courageous Decisions

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Since my 17-year-old son Gabriel's fatal crash in 2019, I have been asked if I ever worried something bad could happen when he flew a plane, his dream since he was about 8 years old. This was certainly a question people asked before he passed away as well. My answer was, "of course I did!" He flew solo before he even had a license to drive a car! Crazy, huh?

The next logical question then is why did we allow him to do it when it was potentially dangerous? My answer to this question remains the same today as it was when I was first asked. Because it was Gabriel's passion and dream to fly and become a licensed pilot. Some might think I should say in retrospect I would have stopped him from flying if I knew the outcome. It's just the wrong question. We don't get to decide the future of our life by looking in the rear-view mirror. That's a revisionist view that seeks to change the motivation of a decision made under different circumstances. A better question may be, how unfulfilled may Gabriel have been if we had never allowed him the chance to soar? A lack of courage crushes adventurous souls.

What about your adventurous soul? Does it operate with the courage to chase your dreams? Or are you often beaten down by the enemies of courage; fear, worry, and doubt? Fear, worry, and doubt can kill a dream before it ever gets off the ground. A series of courageous decisions grant permission to lead an adventurous life. One can cause you to get stuck in the pit of a mediocre and passionless life. The other is always asking, "what's next? You get to choose."

Gabriel made courageous decisions every day to chase his dream. At 16 he got into a plane with an instructor and grabbed the wheel for the first time. It took courage. Months later he would fly solo. Once again, it took courage. At the age of 17, he achieved his goal of becoming a licensed pilot after passing the written exam and check-ride on his first attempt. Courage. We made courageous decisions every day to allow him. Why, because love is courageous.

It doesn't mean Gabriel never experienced fear, he did...and so did we! A courageous decision begins the process of rewiring your brain about the way you think about change, fear, and risk.



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Executing that first courageous decision strengthens and positions you to stack another courageous decision on top of that one! Before you know it, you won't even recognize your life. Every inch of personal growth and transformation is birthed with a courageous decision. Every pound lost, every healthy marriage, every new friendship, every sound investment, and every new business is thrust into existence from a courageous decision that led to others.

Are you ready to have a habit of making courageous decisions? Let's look at my 5-step process for becoming a courageous human!

### 1

#### **Decide what courageous decisions need to be made.**

The genesis of every courageous decision is a thought, a desire, or perhaps an ambitious goal. Think about these areas in your life:

- Marriage (if applicable)
- Relationships
- Family Life
- Work/Professional life
- Health (physical, mental, emotional, and spiritual)
- Finances

List any area you are not completely satisfied within your life and why? What would be different if you could wave a magic wand and it was changed in an instant? Of course, we don't have magic wands, but at least you're being honest now with what you really want. Go to step two.



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### 2

#### Determine what step is necessary to execute the decision.

This may or may not take a little time or research. However, a courageous decision to change your life will require one or a combination of the following:

A courageous conversation.

It could be with:

Spouse

Friend

Family member

Boss/co-worker/employee

Doctor/Alternative medicine practitioner/Nutritionist/Trainer

Financial Advisor

A courageous action.

An act of forgiveness or asking to be forgiven

Setting relational boundaries

Walking away from a toxic relationship or job

Asking for a raise/promotion/rating review to establish your self-worth

Starting a side hustle or the business you always dreamed of creating

Making an appointment with a healthcare provider even if you are not sure you want to know the truth about your condition

Hire a coach or advisor to help you grow your finances

A courageous belief. If you don't believe you have it within you to be courageous you are in trouble.

1. Do you dare to live your authentic self?
2. Do you invest in yourself (healthy food, personal growth, education, etc.)
3. Do you value your thoughts and ideas enough to say them out loud with confidence in the presence of others?
4. Do you trust yourself enough to take a risk that could change your life?



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Establish a definitive timeline to execute the decision.  
This is critical!

I believe executing the first step in a courageous decision cannot be made ASAP...it should be as if your life depends on it! When my life depends on something, I do something with it NOW because urgency is critical. Treat a courageous decision that way! It may be simply inputting what you need to execute into your personal calendar for a specific time the next day. But do something intentional immediately to signal to your brain and emotions "I am doing this!"

Example: When I made the courageous decision to write my book I took immediate action, that night! Which will lead us to step 4.

4

Tell someone trustworthy for accountability!  
If no one knows about it, it's probably not terribly courageous.

The night I decided to write my book I immediately went into another room to tell my wife so she could hold me accountable. Telling someone trustworthy that is not afraid to hold you to the fire can be very empowering. In this case, it immediately led to step five!



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5

**After executing the first courageous decision, write down five more courageous decisions you need to make (or at least as many as you can think of)!**

Stacking makes it easier and easier to have a habit of crushing fear, worry, and doubt and making courageous decisions instead!

The night I made the decision to write the book and asked Amárillys to hold me accountable she asked if I wanted her to reach out to our friend that was a publisher. I stacked courage with another yes! Our friend texted 20 minutes later (which I did not expect) and asked if I wanted to attend a workshop that just happened to be the next two days over the weekend that would teach me how to write and publish a book. I cleared my calendar and said yes! After the two-day workshop, I made a courageous decision to execute a plan to physically start writing the book the following Monday.

I am convinced that had I not made a courageous decision and then stack decisions as fast as I could, I may still be writing (or thinking about writing) my book.

So, there you go! A simple 5-step process to become a courageous decision-making machine that eats fear for breakfast!

Here is a quick recap of the process:

1. Decide what courageous decisions need to be made.
2. Determine what action is necessary to execute the decision.
3. Establish a definitive timeline to execute the decision.
4. Tell someone trustworthy for accountability!
5. After execution, write down five more courageous decisions you need to make! Stacking makes them easier!

