Decision Fitness

Applies to *In-the-Moment* Decisions

_(little time to make a decision)_
Decision Fitness

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

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

How do you become Decision Fit?

Avoid:
- Being over-emotional
- Under the influence of foreign substances.
**Born Ready Project**

**Decision Fitness**

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