



WINGS TO WIN



Decisions Design Destiny



- SIJU THOMAS » KOTTAYAM, INDIA

This month and in the coming months too we will learn how to be good at making decisions or mastering decision-making skills. **Decision-making skills** are your ability to choose a good option out of two or more alternatives.

There is a wise saying that Life is a **C** between **B** and **D**.

B – Birth

D – Death

C – CHOICE

Right decisions at the right time will make your life better.

Each of you play many roles, a son/daughter, brother/sister, student, friend, leader, team member. In your studies, extra-curricular activities, friendships, family, time, feelings, etc., your choice of decision is extremely important.

There are three main ways to approach: using intuition, reasoning, or a combination of both. Typically, decisions are made with both intuition and reasoning. We will learn more about this in the coming months.

Quality of your life is the quality of choices in your life

Wrong decisions at the right time leads to uneasiness and unhappiness in life. The better choices you make, the better decision-maker you'll become.

Here are some daily life examples of decision making:

- 1 Dress code – Be trendy but modest
- 2 Food habits – Say YES to healthy food and NO to tasty junk food
- 3 Friendship – YES to tonic friendship and NO to toxic friendship (Remember Tonic and Toxic friendship?)
- 4 Sleeping habits – Always early to bed and early to rise
- 5 Time on social media – Minimum time and maximum benefit
Don't be a slave or addict but be the master of your time.

Your decisions decide or design your destiny and destination. **So take quality decisions at right time.**

May the Holy Spirit guide you and help you to make good decisions.