

EPISODE 03 // TRANSCRIPT

HOW TO BE A DECISIVE WOMAN

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I used to be a highly indecisive woman. I would agonize over every small detail and analyze every possibility in even smaller detail. Honestly, it was keeping me stuck in so many areas of my life. And I was living in a constant stream of maybes, of I don't knows, never saying yes or no to pretty much anything in my life.

I existed in this constant state of overwhelming confusion. And I know there are many of you who struggle with making decisions as well. But have you ever wondered what your life could look like if every maybe, if every I don't know or I can't decide, turned into a confident yes or no? This episode is for the woman who's ready to make that shift.

Welcome to The Self-Creation School podcast, for women who are ready to ditch mediocrity, step up and get more of what they want, and finally say YES! to a life that sets their soul on fire. I'm your host Leanne Letica, Self-Creation Coach, founder of The Self-Creation School AND Queen of YES!. If you're

ready to play life by your own personal rule book, and give yourself permission to say YES! to yourself and your wildest dreams, this podcast is the place for you.

Well, hello and welcome to the third episode in this special launch series of The Self Creation School podcast, where we'll be talking about how you can embrace the power of decision-making to start living the life you've always dreamed of. I'm Leanne Letica, the founder of The Self-Creation School and the host of this podcast, and I am thrilled to have you join me in this discussion.

In today's episode, we are going to be getting into the nitty gritty of becoming a woman who makes quick, quality decisions. Why? Well, because the choices you make define the course of your life. By becoming a woman who makes informed, fast decisions, you gain the power to direct your life towards your goals and dreams with so much more momentum and in ways that lead you successfully to the outcomes you desire.

According to research conducted by Stanford University, quicker decision-makers tend to be more successful in life. This doesn't mean that they are impulsive, rather they are adept at making good decisions promptly. They gather relevant information, weigh their options and then trust their judgment to make a decision. And in turn, this agility enables them to seize more opportunities, to learn from those experiences, and adapt more efficiently to new situations in their life. It keeps the wheels of their lives moving powerfully forward.

So, decision-making really is a catalyst for action. When you decide, you move forward. And every decision you make, no matter how small it may seem, impacts your personal growth. Whether it's good or bad, each decision helps you learn and grow, it shapes your experiences, and decision by decision ultimately, your life. It's like choosing the direction at a crossroad – every turn you take influences the journey ahead.

The first thing I want you to realize about becoming a decisive woman is that the power of decision-making goes beyond your physical will. It goes beyond deciding what to wear for the day, what to eat at lunch, which bill to pay first, what corner to turn, where to holiday this summer, whether to sign up for that course.

Decision-making is most powerful when it comes to your thoughts and the stories you decide to tell yourself about your SELF. What I'm talking about are the kind of stories that define your identity, who it is you believe yourself to BE. Do you tell yourself you're not good enough, not smart enough, not brave enough? Or, do you choose to believe that you are strong, capable and deserving of all the good in the world?

This is important because the stories you decide to tell yourself about who it is you are and who it is you are not, and what is and isn't possible in your world, become your self-fulfilling prophecies. So, when you decide to believe in your SELF and your dreams, you subconsciously empower yourself to take action, to take risk and to step outside of your comfort zone. All of which are crucial in living a bigger, bolder and more fulfilling life.

So if your current stories are not serving you – perhaps you're like I was and you're telling yourself you are hopeless at making decisions, that you never get it right – the first step in becoming a decisive woman is to change those stories. I've said this many times before, and you'll likely hear me say it again. If you want to change your life, you need to change your stories. The stories of who you believe yourself to BE.

Now, the second thing I want to talk about when it comes to becoming a decisive woman is the cost of indecision and outsourcing your decisions. I see these two issues affecting so many of you and listen, I'll be the first one to put my hand up and say, that's me included. I have definitely been guilty of these things.

So, let's start with the cost of indecision.

When we talk about personal growth, we often emphasize the importance of action, but what we don't discuss enough is the harm of inaction, of indecision. Indecision creates a roadblock in your journey towards personal growth. It keeps you stuck in a state of uncertainty and that prevents you from making progress towards your dream. And the most common reason that you stay in this indecisive state of being is fear. The fear of getting it wrong.

We've all been there, asking ourselves the 'what if' questions. What if I fail? What if I make the wrong choice? What if I'm not ready? But what if, you start asking different 'what if' questions. Questions like, what if I get it right? What if it's the best thing I ever do? By simply reframing your question, you can change your perspective from one of fear, to one that motivates you to make decisions.

The other thing I see so many of you do is you outsource your decisions. You let someone else make the choices for you, choices that you should be making for yourself. Now sure, it might seem easier in the moment, especially if you're a people-pleaser and you don't want to rock the boat. But in the long run, it will lead to feelings of inauthenticity because you're not living a life that's true to who YOU are.

More importantly, when you outsource your decisions, you give away your power. Listen, you are the expert in you, no one else, so you should be the one to make the decisions that ultimately only you will live with. So let me give this to you straight. If you want to become a Self-Created Woman, your life must be dictated by yourself, by your choices, not someone else's.

And here's what can happen when you bring decision-making in house and you get good at making quick, quality decisions. Firstly, when you make decisions swiftly and wisely, it builds your self confidence. And that means an informed decision, not a perfect decision, by the way. The other thing that

happens is that you give yourself the opportunity to explore the various options and to discover what might actually serve you best. No one knows you like you.

But remember, not every decision you make will lead to the expected outcome. It doesn't mean it's a wrong decision. A decisive woman treats each decision as a stepping stone on the path towards self-discovery and personal growth. A path that continues to lead her towards her dreams.

And this brings me to the third thing I want to discuss about becoming a decisive woman. It's actually a crucial concept within decision-making and that is the ability to 'fail forward'.

Failing forward means embracing the possibility of failure, learning from it and using that knowledge to make better decisions moving forward. When you make a decision and it doesn't work out as planned, it's not a setback but a setup for a comeback. Why? Because the knowledge you gain from each decision helps you make better choices in the future.

The beauty of failing forward is that it allows you to create momentum in your life. The faster you make decisions, the the faster you learn from them and make subsequent decisions, the faster you move forward. It's like riding a bicycle. The faster you pedal, the easier it is to keep your balance and reach your destination. So my friend, let's get on that bicycle and start pedaling towards your dreams.

I really love the philosophy of failing forward. It's one that encourages you to view failure not as a dead end, but as a stepping stone. Instead of seeing failure as something to avoid at all costs, failing forward allows you to embrace it, to learn from it and to use it as a fuel to propel you forward in your journey. And this concept has had a huge impact in my own life in helping me become a decisive woman and I've created some extraordinary results in my life from those decisions.

Now, this doesn't mean that you should actively seek out failure, and I certainly don't, but rather it means you aren't paralyzed by the fear of it. It's about taking calculated risks, making informed decisions, and being okay with the fact that sometimes things might not work out as you planned.

Listen, failure isn't fatal. It's simply part of the journey and the lessons you learn from your so called failures often become your greatest strengths. So remind yourself that it's okay for decisions to not play out the way you want, to get it wrong sometimes. It's okay to make mistakes. In fact, it's more than okay, it's necessary. I don't know of anyone who has achieved their dreams without experiencing failure along the way. It really is a part of the recipe for success.

I want you to also remember that as you embrace the concept of failing forward, you empower yourself to make decisions with confidence and courage knowing that whatever the outcome, you will learn, you will grow and you will move closer to the life you dream of creating.

Now since fear of failure, of getting it wrong, plays such a big part in our indecisiveness, you know it wouldn't be a complete discussion from me without unpacking your stories around failure – what it is you make failure mean and what is the impact on your identity? In particular, how it is you see yourself in regards to decision-making.

So the fourth piece of the becoming a decisive woman puzzle, is to look at the stories you tell yourself about failure and how they shape your identity.

Your mind is an incredibly powerful storyteller. It weaves narratives around all of your experiences, especially your failures. And those stories often influence your perception of yourself, which in turn, influences your identity. Now, sometimes these stories help you grow. But other times, in fact many times, especially when we are talking about stories around failure, they hold you back.

And some really common limiting stories might sound like this. "I'm not good enough." "I always mess things up." "It's possible for others, not for me." One of my own stories, "I never get it right". And these kind of negative stories, commonly feed a fear of failure. They also feed a fear of success. Just think about that for a moment – a fear of success. And they often feed a fear of stepping out of your comfort zone.

So, what are the stories you tell yourself about failure? Who do you BE as a result of these stories? Who do you show up as in your world? And I want you to ask yourself, are these stories serving you? Are they helping you become the decisive woman you aspire to be? Or, are they merely holding you back, trapping you in an identity of self-doubt and indecision?

Today, I urge you to challenge these stories. It's time to rewrite them in a way that supports your growth, drives you forward and helps you step into the shoes of a decisive woman who creates the life she craves, one decision at a time.

Which brings me to the final part of becoming a decisive woman. Acceptance. Learning to be content with the outcomes of your decision.

Have you ever found yourself stuck in regret or second guessing yourself after making a decision? Let me tell you, you are not alone my friend. It's really common, but it's also a trap that hinders your growth. And that's why the decision you make after the decision is actually the most important decision you will ever make.

The decision after the decision is about making a commitment to yourself. It's deciding to be okay with the choice you've made, regardless of the outcome. By doing this, you free yourself from the shackles of regret and self-doubt and you empower yourself to take responsibility for your decision. Which in turn, helps you build your decision-making confidence.

So, the journey to becoming a decisive woman involves not only making good quality, fast decisions, but also ultimately, living with them. It's about finding empowerment in acceptance and trusting that every decision you make contributes to your personal growth and your journey. And that is a good thing.

Now time is really flying by in this conversation today, but before we wrap things up, I want to come back to the secret sauce in this recipe. And that is, changing your identity and stepping into the shoes of a decisive woman.

I said this earlier and you'll likely hear me say this many times again. The stories you tell yourself about who you are and what you're capable of have a profound impact on your identity. But what I really want you to remember is that you are the author of these stories. You can rewrite them. You can change the narratives. And in doing so, you can change who you believe yourself to BE.

Being a decisive woman is about trust. Trusting in yourself, in your decisions and in your abilities. It's about backing yourself even when the going gets tough. And most importantly, it's about aligning your actions and decisions with your personal values and purpose.

I want to leave you with three steps to help you lay the foundation for becoming a decisive woman.

Start with identifying the values that guide you and the purpose that drives you. And once you have a clear understanding of these, use them as a foundation for your decisions. Practice making decisions that align with your values and your purpose.

Secondly, trust yourself. Know that you are capable of making good, fast decisions and standing by them. Practice this trust by making small decisions daily and increasing the stakes as you build confidence.

And lastly, don't be afraid of mistakes. Embrace the concept of failing forward and use every decision as a learning opportunity.

Remember too, that stepping into the shoes of a decisive woman isn't an overnight transformation, it's a process. But every decision you make brings you closer to becoming a woman who says YES! to you and your dreams.

My friend, we have covered a lot of ground in this episode. As I wrap up this conversation, I want to leave you with these final thoughts.

The power to shape your future lies in the choices you make today. Don't be afraid to fail. Embrace it as a stepping stone that paves your way to success. Treat every decision as an opportunity to fail forward. Notice the stories you tell yourself, because they shape your identity. Are they helping you grow, or are they holding you back? You have the pen in your hand, my friend, and you can rewrite your story at any time.

And that brings episode three in my special launch series of the podcast to a close. So stay tuned for next Wednesday when three more episodes hit the airways. I can't wait to share them with you.

Thanks so much for joining me.

Until next week, be the woman who says YES!

Hey, have you joined my FREE mini-workshop the Week of YES!? This powerful five-day workshop will help you take your foot off the brake and start saying YES! to more of the life you crave. Isn't it time you created a life you're beyond excited to wake up to? It all begins with saying YES!. Head over to <https://selfcreationschool.com/weekofyes> and get started on your YES! story today. I'll see you there.