

Making Resonant Choices

How to make the “right” decision, to select the “right” choice, is something that can plague all of us. We’ve worked with numerous clients to help them make “resonant” choices – choices and decisions that resonate with who they are, what they value, and where they want to be in the future. The process below is directed towards personal choices, but the process and the questions can apply to work, home, career, work teams, and companies as well. Let us know how it works for you.



Where you are right now is a result of the collective choices you have made in your life. Every day you make choices – many small, automatic choices and sometimes larger, more complex ones. And many of these decisions, especially the more significant ones, can lead you to a new set of experiences. It’s important to, whenever possible, make decisions and choices that resonate with you – that resonate with who you are, what you believe in, and where you want to be in the future.

Reflecting on and answering questions about your choices can help clarify and bring more depth and information to any decision you make. Your answers can help guide you toward a decision that resonates and aligns with what you want most. Below are a few questions to aid your decision making process. They are in no particular order. Jot down others that come to mind for the specific choice you are facing, and answer each question in as many ways as possible in order to reveal the most information.

What is most important to me?

How does this choice align with what is important to me?

What is the impact of this decision on my career? My family? My friends? My connection to community?

When I look back 10 years from now, what do I want to be able to say about this decision?

Who do I want to be? Who is my best future self?

What decision would that "future me" make?

How will I grow and learn from this choice?

What makes this choice unique?

What makes this choice similar to other choices?

When I envision myself fully committing to this choice, I think _____. I feel _____.

The three most compelling things about this choice are _____.

The three least appealing things about this choice are _____.

If I say yes to this choice, what will I be saying no to as a result? Can I say no to that?

If I say no to this choice, what will I be giving up? Can I give that up?

In what ways is this the safe choice?

In what ways is this the courageous choice?

What information do I have to help me make this decision?

What other information do I need in order to make this decision?

What kind of support do I need to make this decision? And to take the action(s) once I've decided?