

Episode N°3 How to Make The Perfect Decision

Have you ever experienced that you need to make a decision and become afraid of whether it's the right or wrong decision? And you ended up procrastinating on something you needed to do? If so, you are in the right place my goddess friend.

I'm going to give you tips and actionable steps today so that you will never be indecisive anymore. With that said, let's dive in.

Welcome to the Haute Couture Life Podcast. I'm your host, Mana, here to help you become the most beautiful goddess version of yourself. Whether it's beauty, style tips, health, or personal growth, this podcast is your Ultimate Guide to becoming happier, healthier, and creating the most beautiful life. Are you ready to unlock the secrets? Let's begin.

Hello, my friend! So I'm so excited to share with you how to make the perfect decision today. And first and foremost I want to talk about the myth of right decision. So here's some great news and I can totally say from my heart that your worry will disappear and that there is no right or wrong decision. Did you know that? It's very simple and I can hear 'What? but wait Mana.' I got you. Stay with me until the end of this podcast and keep listening to my podcast.

As I am learning from the best life coaches, personal growth books, and seminars, I can say that the most powerful decision is to decide. Whether it's yes or no. Do or not do. Not deciding is actually the worst decision we can make because we don't have the momentum and then we end up doing nothing and nothing changes you know.

And be clear yes and no and if you like the reason for the making decision, it's all perfect. So there is no failure or wrong decision in our lives. So that is the first thing to know and then after you're making the decision and follow through with the decision, you will either A. Celebrate the decision and the result or B. There is an opportunity to learn and grow from the decision so that's it. It's so simple.

So have you ever read the book *You Can Heal Your Life* by Louise Hay? I really love the book and then I am starting to read the book again and there's an amazing quote by her that I can introduce to right now.

She said 'All is well. Everything is working out for my highest good. Out of this situation, only good will come. I'm safe. It will work miracles in your life.' So everything is perfect.

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If you have this kind of belief and then you can decide anything, the magic happens you know because our belief is really creating the entire world.

So first and foremost we have to make sure that there is no right or wrong decision in our lives and then everything is working out perfectly. So there are six steps that I'm going to teach you how to make the perfect decision.

So number two understand your core values. Whenever you are making a decision, it is crucial to understand your core values. What do you value the most in your life? So when it comes to this question, you can also look at where you spend your money most.

For example, if you look at the things you always buy for example flowers your core value might be beauty, and then surrounded by beautiful things that uplift you or you might buy some seminars, or webinars to upgrade, you might have the core value of being smart intelligent and educational.

So looking at where you spend your money most is one of the amazing tools to understand your core value. This understanding of core values is making a huge difference. For example, if you value adventure, you will make a decision so much different from those who value safety so understanding core values is very important.

If you make a decision that aligns with your values, you will feel more centered and more feeling excitement and relief. So how to discover your core value is that get curious about yourself all the time.

Ask questions and then listen to yourself from your true self as I introduced you can also so look at where money is spent in your life and what you really love to do. So get curious be excited and find out.

Number three, always follow your heart. So when you want to make the perfect decision, it is nice to take a deep breath and listen to your heart and soul. As we grow up, we tend to listen to other people's brains or thoughts that not serving us at all but our souls know what we really want to do.

So if you are constantly inputting others from social media or opinions, it is a little bit harder to really get to know yourself and then your true self. When we were little girls, we had a lot of imagination and lots of possibility and positivity but as we grow up, we tend to really shut down the little girls and then we tend to analyze our brains and we are not

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even thinking about what kind of thoughts we have that is not serving to our lives and then we have to be really careful like what kind of opinion or thoughts, self-opinion or other people's opinions we really listening to when it comes to the decision.

So always take a deep breath, feel centered, and follow your heart. Even if it's scary maybe a little bit with excitement, you will understand that it is your true self. Always tell yourself the truth with honesty and authenticity when it comes to the decision.

And I always love the phrase for your heart and this is from Steve Jobs who said 'Have the courage to for your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.' How amazing the quote is that.

So always follow your heart. Take a deep breath, there's no rush you know, you don't need to rush. Just be centered and listen to yourself all the time.

Number four, be in a beautiful state. One of the favorite things that I learned from Mr. Tony Robbins is to always keep the beautiful state no matter what. So what is the beautiful state? and according to Mr. Tony Robbins, the state is made of physiology, focus, and language.

So our body movement and physiology are very connected to our emotions. For example, when you feel worried or tired what does your body look like? My guess is that when you feel tired or worried I can see your neck is down, your breath is a little bit swallow and your shoulder is huddled.

So on the other side, when you feel energized and happy, how your body and posture will change from the worry or negative kind of tired feeling? My guess is that you're if you're happy, your head is up. Your breath is deep and you might put your arms in the air and smile. As you can see, we are so connected physiology to our emotions.

So next, Mr. Tony always tells us that we experience the life we focus on. It is so important to always train and manage our brains to focus on what we want and what we love.

And then third, finally, we need to pay attention to what kind of language we use. Words carry a certain energy. So do the words often you use energize, motivate or fulfill you? And so we need to pay attention to whatever we make decision, keep our energy high

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with this beautiful state. Use powerful empowering questions. There is a quote by Mr. Tony Robbins that 'A decision made from fear is always the wrong decision.'

So when it comes to making perfect decisions, you want to make sure you're in a beautiful state and using physiology focus, and language. Because I also have experienced that whenever I make a decision out of fear or worry or rush, sometimes the result doesn't really align with what I want. So it is so crucial to really decide from love and excitement will guide you to the amazing result.

Number five, powerful questions. When we ask ourselves questions, our brains will come up with amazing answers no matter what. It is how our brain works. I always love to ask powerful questions such as, What would I love to do? If love can speak what does she choose? Do I want to do this? Does it grow me and expand my horizon? Does this serve me to become the best version of myself? So those are five amazing questions to ask when it comes to making perfect decisions. You can use those powerful questions to really make the big decisions in your life.

Number six, decide on your future. When it comes to making decisions, most people tend to go to the past however as we are goddess ladies, we want to make sure to align ourselves to the Future Self which she already made every dream come true. So whether you want to make a small or big decision you can ask yourself Does this represent My Future Self? Things such as clothes or things you want to buy or a place you want to live. And does this make me really beautiful? This question is great for what you really input such as food and activities you do. Also does future self have this? Does future self wear this?

So when it comes to making perfect decisions, always connect to your future self so that she already has amazing advice for you. So imagination is the Ultimate key to success.

Number seven, love and honor your decision. So it is very important to love and honor your decision once you made it. Since our brains like to stay the same most of the time because of the survival mode. Most people tend to worry or doubt after making the decision. And did you know that worry is one of the useless emotions? Stay tuned for future podcast episodes.

So the final thing you want to check when it comes to making a perfect decision is that you like the reason for making the decision. You can always ask yourself questions such as does this decision come from love, excitement, fun, joy, abundance, and gratitude? Or

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do you feel a little bit scared but with excitement? Especially when you want to make a big decision, sometimes it feels scary but I'm sure that it has excitement feeling with it and did you decide on this beautiful state?

So once you made the decision finally and you love the reason for making the decision, congratulations! Make sure to tap your back or hug yourself that you made the decision. Acknowledge that you decided for yourself and for your life and it is so powerful. I'm so proud of you and it is so brave and bold. Indeed you're my goddess friend and I'm so excited for you. So please remember that everything is perfect. Everything is working out so perfectly. I always love the mantra 'Everything is working out so perfectly for perfect reasons and perfect timing.'

So let's recap the simple seven steps to make the perfect decision.

Number one, remember there is no right or wrong decision. Indecision is the only wrong decision. You will like the result or you can learn to grow from the result. Number two, understand your core values. Ask yourself what I value the most in my life. Number three, always follow your heart because your heart and soul know what you want to do.

Number four, keep the energy high and decide on a beautiful state. Number five uses powerful empowering questions that you want your brain to come up with the answer to beautifully. Number six, decide on your future. Connect to your future self or ideal self. How does she think and decide? Number seven, honor your decision and then like the reason for the decision.

Congratulations my friend! A bonus tip is to tap your back and hug yourself. So what was your biggest takeaway from this episode? If you want to learn more about how to think, how to eat, and how to input beautifully, make sure to subscribe not only to my podcast but also to my newsletters so that you will be the first to know my exclusive content and classes I can't wait to see you inside.

As we wrap up today's episode, I encourage you to take action on what you learned. Visit HauteCoutureLife.com to leave your comments. I am so excited to hear your takeaways and insights so until next time, stay beautiful and have an amazing week my goddess friend!