KATHY CAPRINO & DAVID JURASEK

## MAKING YOUR BIG LIFE DECISION

Workshop and map to decide with clarity, courage and integrity

## Your Guides



Kathy Caprino and David Jurasek

# What we'll be uncovering...

How we process and move through making BIG life decisions with clarity, courage and integrity.

- 1. Understanding what's at stake
- 2. Determining when you have to make the decision
- 3. Following a proven map to help you avoid pitfalls
- 4. Dealing effectively with your emotions, fears & doubts
- 5. Getting the right type of guidance and support
- 6. Your Next Best Step...

## Question

# In which **area** is your big life decision?

- 1. Career
- 2. Relationship
- 3. Health
- 4.Location
- 5. Other...
- 6. More than one of the above

## Quick POLL

How confident do you feel about making your big life decision?

1 = Not at all 10 = Completely

# The WEIGHT of DELAYING

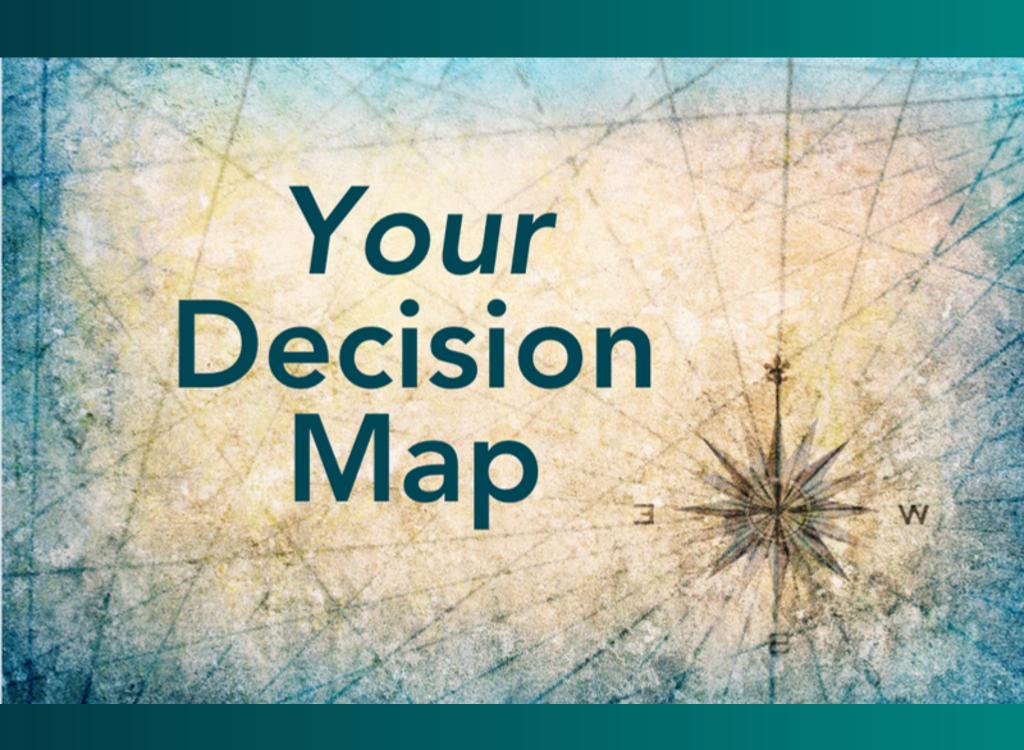


WHY this is so normal, so human and so deceptively costly...

# The RISK of RUSHING to a decision



"You cannot push the river," she said.



# The Natural STAGES of DECISION MAKING

### DREAM

### DISCERN

### DECIDE

#### DO



Imagining & visioning



Gathering data, testing, & distinguishing



Collapsing possibilities into one choice



Taking
committed
steps in a new
reality

# DREAMING



Giving yourself space to really imagine possibilities and visioning to clarify what you most long to include more of in your life.

#### PITFALL(s) to avoid!

- 1. Getting stuck in only complaining about status quo.
- 2. Focusing on MIMETIC desire and comparing yourself to others.
- 3. Skipping this phase, to rush ahead and try to be "practical".



You have clarity about top 3-5 values and what is most missing.

## WEIGHING your VALUES



- The power of Mimetic Desire
- Not all our values matter equally

## DISCERNING



Begin confronting realities as well as sorting through all the possible doors you might walk through to sift through and weigh with awareness and acceptance.

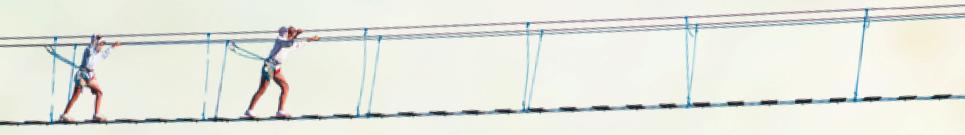
#### PITFALL(s) to avoid!

- 1. Only listen to parts of you that are loud...
- 2. Did not do real world research relying on online surface glances.
- 3. Listening to everyone with an opinion but getting no seasoned and wise guidance externally.



You have taken in and evaluated all the data (internal and external) you could gather in the set time.

# Moving forward with reduced RISK



#### **BRIDGING the IMPROBABLE CHASM**

- Suspension bridge first experiments to see what it's really like
- Then build a firmer way to cross (P/T).
- Eventually bring your whole life over.

## DECIDING

Critical stage where you take time to process and digest fully, align all the parts of yourself around one choice and step into it in a decisive and clear way for everyone involved.

#### PITFALL(s) to avoid!

- 1. Pressuring and coercing yourself to "just decide already!"
- 2. Ignoring certain realities (limitations and costs) with wishful thinking.
- 3. Avoiding your own emotions (fears, doubts and grief).

#### **COMPLETED** when...

You have made a decision and have started taking \*irreversible action.

\* actions that have set events in motion and which make it less easier to go back to the status quo. This does not mean you cannot revisit your decision or return to a previous context (if that proves wise later) but the momentum of the choice you made is made **definite.** 

# CLOSING Your POWER and CONFIDENCE GAPS

- 1. BRAVE SIGHT
- 2. BRAVE SPEAK
- 3. BRAVE ASK
- 4. BRAVE CONNECTION
- 5. BRAVE CHALLENGE
- 6. BRAVE SERVICE
- 7. BRAVE **HEALING**



# What about the WHAT IF's...?

- 1. I make the WRONG choice!
- 2.I choose it and FAIL at it!
- 3.I HURT someone I care about
- 4. I run out of MONEY and broke!
- 5. I end up LOSING friends and family



### **POWER of EMOTION**

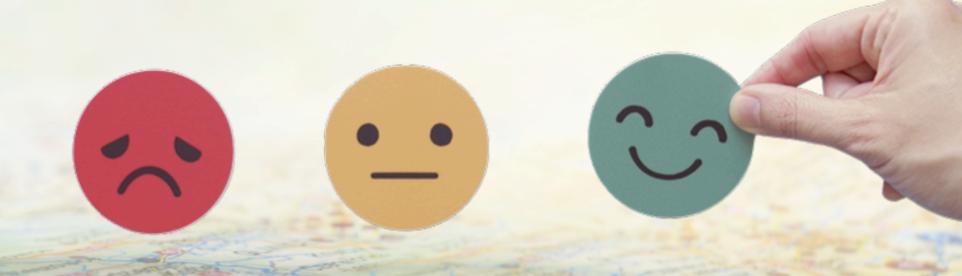
Most people are more smart, capable and resourceful than they think. Ask their friends!

But, our brains get flooded and bodies hijacked by powerful negative emotions.



## TRANSFORMING Emotional BLOCKS

- ANXIETY → resilience and resourcefulness
- SELF-DOUBT and SHAME → humility, dignity and clearer vision
- OVERWHELM → clarity and grounded presence...
- GRIEF → gratitude and deeper connection.



## DOING

All about living into the decision...

Dealing with realities, second guessing, regrets and putting your full and honest efforts into seeing where this path takes you,

All the while being nimble and willing (over time) to recalibrate and adjust your course.

## It's a JOURNEY...

### 7 Stages of Life & Career Transition

- 1. Disengagement
- 2. Disidentification
- 3. Disorientation
- 4. Letting Go
- 5. Re-engagement
- 6. Discovery
- 7. Clarity
- 8.Integration





## DOING

- 1. INVEST FULLY in the path we have chosen for a certain time (3-6months usually)
- 2. HARVEST LEARNING, regardless of outcomes (which we cannot control)
- 3. MEASURE and celebrate gains
- 4. RE-EVALUATE at at certain times.

# HOW WE MAKE IT TO THE OTHER SIDE...

#### Those who stay stuck...

- 1. STAY and make no change
- 2.LEAP without a parachute
- 3. REFUSE to DECIDE...

#### Those who succeed...

STAY to make it BETTER - advocate, adjust, and diversify fulfillment.

Or...

BUILD A BRIDGE to a NEW life – with allies, guidance and lowering risk.



There's a lot to making a life decision, a life or career decision.

## Top 5 Reasons Our Decisions Often Fail Us

HTTPS://WWW.LINKEDIN.COM/PULSE/TOP-5-REASONS-YOUR-DECISIONS-FAILING-YOU-KATHY-CAPRINO

- 1. They don't support our intrinsic values
- 2. Executed poorly or without the proper reflection
- 3. Come from a place of weakness or disempowerment
  - a. (power and confidence gaps)
- 4. Haven't been properly vetted
  - a. Don't effectively factor in the potential impact and outcomes)
- 5. Are focused on the wrong root problem

# You don't have to do it alone And sometimes we can't...

## Power of ALLIES

Look at folks you admire most - their accomplishments and successes were not done alone and in a vacuum.

Our most rewarding goals are not achieved without the help of others.

All successful people have critical allies, mentors and role models!

## Choosing the RIGHT Guides

Who will help you stay on the path...

It's easy to lose your way, stall or give up.

Three signs when choosing a guide are:

- Understand the terrain you are walking (personal and/or professional experience).
- 2. Helps you gain access to your own inner knowing.
- 3. Willing to call you in when your old patterns get in the way.



## Choosing Wisely

- 1. WHO will you trust to guide you.
- 2. WHAT kinds of support (allies and systems) you will put in place.
- 3. WHEN you will take the next step on the journey through deciding and starting a new chapter of your life.

Would you like more hands-on support to make your decision effectively and start the next chapter of life and work?





#### "AT THE CROSSROADS"

12-WEEK LIVE ONLINE COACHING PROGRAM
WITH DAVID AND KATHY:

www.integritytherapy.org/crossroads

## Question again...

How **confident** do you feel now in taking steps to make a successful decision?

1 - 10

### **OUR PROMISE to YOU**

If you join us in "At The Crossroads", over the three months together, you will...

- 1. Framework and guidance to get more clear and confident.
- 2. Have allies and trusted support through whatever you will need to face.
- 3. Making steady meaningful progress on your big decision journey.

#### Includes....

- 12, weekly Zoom group coaching/training calls with Kathy and David
  - Focused 75 minutes guided, group and with buddy.
  - Wednesdays from Noon to 1:15 pm EST
  - Dates: December 3rd and 10th then break til January 7th
    - March 10th
- Follow the Map, steps by step, at your own time
  - With weekly support and accountability
  - Private support group for members only
- 50+ additional Top-Level supplementary resources
- Lifetime access to all the training materials
- Discounts 1-1 private coaching with Kathy and David



### Considering joining us in the next session of "At the Crossroads – Make Your Big Life Decisions"?

www.integritytherapy.org/crossroads

Register by November 26th and save \$300 off price plus get terrific bonuses

First calls are **December 3<sup>rd</sup> and December 10<sup>th</sup>, then** breaking for the holidays and continuing in January



#### Register by Nov. 26th

#### SAVE \$300 and GET x GREAT 8 BONUSES!

\$1200 \$897 (3 installments of \$314)

- 1. Kathy's 8-module video course "The Most Powerful You"
- 2. Release Shame and Self-Doubts with David (video ecourse)
- 3. Chapter from Kathy's book "The Most Powerful You"
- 4.7-Day Power and Confidence Boost Challenge (workbook)
- 5. "Overcome Overwhelm/Anxiety with Scenario Planning" (video)
- 6. The 6 Dominant Action Styles (Plus Dominant Action Style quiz)
- 7. Access to Kathy's Digital Al Clone
- 8.30-minute private Consultation (via Zoom) with David or Kathy (you choose) during the term of the program



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SAVE \$300 and GET x GREAT 8 BONUSES!

### <u>First TEN people also get...</u>

- ✓ 15 mins Linkedin Profile review with Kathy
- ✓ Holiday DeStressing Session for the Group



### Money Back Guarantee

Join us for first call on Dec. 3<sup>rd</sup> and if the program isn't a fit, email us by December 5<sup>th</sup> to request a receive a full refund.



Have any lingering questions...?

We want to help you make the right decision for you.

Please email us

Given the cost of indecision or rushing ahead blindly...



Is it your time to invest in support towards making a Wise DECISION?

## THANK YOU



We'd love to support you on your journey ahead