

Too Many Options, No Clear Path

Curated by Simon De Los Rios

WHO IS THIS FOR

This practice is for anyone with several real options in front of them and no way to choose between them.

PAIN

Endless looping between good options, replaying the same decision without ever landing on one.

SOLVES

Gives you a structured way to compare paths side by side, so you stop cycling through the same thoughts.

TOPIC

CAREER TRANSITION

BUSINESS & ENTREPRENEURSHIP

READ TIME
2 minutes

TIME REQUIRED
25–35 min

WHAT YOU NEED
notebook, pen

BEFORE YOU START

My invitation, take some time for yourself. Put your phone somewhere else and avoid distractions. Put on music you like and if you feel like it, brew yourself a nice cup of coffee or a tea. And lastly, but most importantly, try to have fun... this must be an activity to be enjoyed.

Step 1: List every real option

Write down every path you are genuinely considering. Not fantasies, options you could take this year.

- How many of these have I been carrying around for more than three months?

Step 2: Score what matters

Pick the four things that matter most to you right now, money, growth, location, people, meaning, whatever is true for you. For each option, score it 1 to 5 on each of your four.

- Which option scores highest overall?
- Does that surprise me, or confirm what I already suspected?

Step 3: Notice what you are actually afraid of

For the option that scored highest, write down every reason you have not already chosen it.

- Am I avoiding this because it is wrong, or because it is the one I am most afraid to fully commit to?

Step 4: Set a decision deadline

Pick a real date, no more than two weeks away, by which you will choose. Write it down somewhere visible.

- What would I need to know or feel by that date to choose with confidence?

Example. Joe had three offers on the table at once, one in Berlin, one in Singapore, and one that meant staying exactly where he was. Each one made sense on its own terms. Every time he tried to decide, he ended up back at the beginning, running through the same three lists of pros and cons. He scored each option against the four things that mattered most to him that year, growth, proximity to family, income, and how excited he felt saying the words out loud. Singapore scored highest by a wide margin. When he asked why he had not already said yes, the honest answer was that it felt like the biggest risk, not because it was wrong, but because it was the one he actually wanted most. He gave himself ten days to decide. He said yes on day seven.

BEFORE YOU CLOSE THIS

A decision made with a deadline is not a decision made carelessly. It is a decision made with enough information, at the point where more thinking stops helping.

CONTINUE WITH

UFS — Individual, once you have chosen a direction, this practice helps you map the obstacles between here and there.

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Source: SDLR (original)