

Exercise – Life Choice Analysis

Can you see a choice looming on the horizon? Have you identified a number of different options that could be compared with each other? Quite often, we do not give ourselves enough time to properly explore different options. Instead, we make decisions based on our first unconscious thoughts:

“This isn’t going to work.”

“That’s not possible.”

“What would that look like?”

“There are others who are better.”

“Surely I can’t do that?”

“You could never live on that.”

“It’s too late.”

“I can’t move.”

But before you close off a certain path completely, take some time to explore it and any other options that may be open to you via a life choice analysis – a way to give yourself some oversight and structure before making a decision.

Exercise

Step 1

Imagine you are on a roundabout. Imagine that the different options you have identified are all different exits leading in different directions. There is a big sign on the roundabout with an arrow for each of the exits. What do they all say? Where do the exits lead?

Look at the figure on the next page. Try to envision the roundabout from above and give each of the exits a name (where it says Life Choice).

Step 2

Each option has advantages and disadvantages. If one option were to take early retirement, then the advantages might be “more time to pursue the interests I’m passionate about” and “more time with the grandkids” while some disadvantages may be “lower income,” “more time alone” etc.

Reflect on the advantages and disadvantages of each option you have available.

Step 3

Choices often have consequences in both the long and/or short term. Some consequences may be positive in the short term but negative in the long term. Write down some of the consequences you think each decision might have in both the short and long term. Try and remain objective as you list the consequences.

