## Episode 215: How to make a difficult decision.

## *with Jane Gunn*

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| **Date**  **Total CPD hours** |

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| EPISODE SUMMARY |
| Making the right decision can feel tricky, especially when they involve important life transitions. But there's a way out, and it starts with asking ourselves some fundamental questions around why we want what we want, and what we truly hope to gain when we get it. |

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| IN THIS EPISODE, YOU’LL: |
| * Learn how to navigate through the "Swamp of Reality" and overcome the "Dragon of Doubt" when making life transitions. * Understand the importance of self-determination and how to make confident decisions in your life. * Discover the role of "eagles" and "tigers" in your journey and how they can either hold you back or enable you. |

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| **LISTEN** |
| [How to Stop Making Decisions Based on Fear](https://youarenotafrog.com/episodes/162/)  Episode 162 with Henri Stevenson  [How to Get Moving Again When You Feel Stuck](https://youarenotafrog.com/episodes/207/)  Episode 207 with Nicola Rylett-Jones |

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| **READ** |
| [The Mole and the Mountain: A little book about finding freedom](https://amzn.eu/d/3CwPmx6)  Jane’s book |
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| **WATCH** |
| [Watch the video version on YouTube](https://youtu.be/wpQPbEBcuAI)   Episode 215: How to make a difficult decision |

**DOWNLOAD**

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| [Download](https://www.shapestoolkit.com/overwhelm-sos)  Download your free Overwhelm SOS Guide! |
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| **DO** |
| List three things you have learned from this episode which have had an impact on you |
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| Write down what action(s) you will take as a result of listening |
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| Suggest how these actions will make a difference to you, your colleagues or your patients |
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| Write down how you will know that a positive change has happened - what does good look like? |

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| **ADDITIONAL RESOURCES** |
| Find out more about the [Shapes Toolkit Training programme](https://www.shapestoolkit.com/programmes-and-trainings)  Check out our [Beat Stress & Thrive](https://www.shapestoolkit.com/beat-stress-and-thrive-course-healthcare) course for busy healthcare professionals!  Check out more free resources from [You Are Not a Frog](https://youarenotafrog.com/resources/)  Join our Facebook Group [You Are Not A Frog](https://www.facebook.com/groups/2212687302308522/) |

**HAVE QUESTIONS?**

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| [Email Rachel](mailto:hello@youarenotafrog.com) or reach her on [LinkedIn](https://www.linkedin.com/in/dr-rachel-morris/) |