



# You Are Not a Frog Podsheet

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

with Jane Gunn

Date

Total CPD hours

### 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.

### 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.



## LISTEN

[How to Stop Making Decisions Based on Fear](#)

Episode 162 with Henri Stevenson

[How to Get Moving Again When You Feel Stuck](#)

Episode 207 with Nicola Rylett-Jones

## READ

[The Mole and the Mountain: A little book about finding freedom](#)

Jane's book

## WATCH

[Watch the video version on YouTube](#)

Episode 215: How to make a difficult decision

## DOWNLOAD

[Download](#)

Download your free Overwhelm SOS Guide!



**DO**

List three things you have learned from this episode which have had an impact on you

Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients

Write down how you will know that a positive change has happened - what does good look like?



## ADDITIONAL RESOURCES

Find out more about the [Shapes Toolkit Training programme](#)

Check out our [Beat Stress & Thrive](#) course for busy healthcare professionals!

Check out more free resources from [You Are Not a Frog](#)

Join our Facebook Group [You Are Not A Frog](#)

## HAVE QUESTIONS?

[Email Rachel](#) or reach her on [LinkedIn](#)