

# Better Decisions, Fewer Regrets

## 5 Questions to Help You Determine Your Next Move

### Session 1- More Than a Decision

*“Questions are places in your mind where answers fit. If you haven’t asked the question, the answer has no where to go . . . You have to ask the question – you have to want to know – in order to open up the space for the answer to fit.” - Clay Christensen, Harvard Business School Professor*

#### Session Overview

Every question we ask impacts our stories and the stories of those closest to us. There’s no getting around the fact that *well-placed, appropriately-timed, thought-provoking* questions result in better decisions and fewer regrets.

What if you had a list of questions you could *ask yourself* when faced with important decisions? These five questions that comprise the heart of this study can change everything.

**The Integrity Question:** Am I being honest with myself?

**The Legacy Question:** What story do I want to tell?

**The Conscience Question:** Is there a tension that deserves my attention?

**The Maturity Question:** What is the wise thing to do?

**The Relationship Question:** What does love require of me?

We’ll address each question in detail in a future session. You are where you are because of the decisions you’ve made. You’ll discover why that’s true, why you make bad decisions, and how you can rewrite your life . . . one decision at a time.

#### Conversation Starter

What is the last decision you’d like to unmake? Why?

(Watch the video)

#### Group Discussion

1. Which of the five questions are you most excited to learn about? Why?

2. When have you based a decision solely on your immediate happiness or gratification? Describe the decision – and the result.

3. Do you agree that there’s not a correlation between what you know and what you do? Why or why not?

4. Every decision we make becomes a permanent part of our stories. If your story were a movie, for instance, what kind of movie would it be?

5. When have you sold yourself on a really bad idea? What was your logic for proceeding with it at the time – and what was the outcome?

#### Making Better Decisions

Take up to 10 minutes to think about the following question and write your thoughts. Share them with the group if you’d like.

What could you imagine being different in your life had your parents or grandparents decided differently about a few key things in their lives? (Example: What if your dad hadn't picked up the bottle or your mom hadn't left the family? The opposite could also be true – perhaps your father conquered that habit and kept the family together or your mother stayed when another woman would have walked.)

What did you learn about yourself and the importance of decisions generationally through this exercise?

### **Session Wrap Up**

Remember, you are where you are because of the decisions you've made. *You* are responsible for *you*.

The good news is that you get to write your story . . . one decision at a time. And the best chapters can still be ahead of you. It all depends on you asking the right questions.

### **Between Sessions Personal Study**

Watch the movie *Groundhog Day* starring Bill Murray. How does this story humorously show the impact of our decisions – while also revealing what happens when one man is trapped in the same day until he discovers how to make better decisions?

### **Reflect**

Have you ever “planned a regret” by failing to plan? If we generally know what to do, why don't we just do it? How might these five questions provide you with proactive safeguards to avoid future bad decisions?

In this week's study, Andy Stanley said, “We never know what or who hangs in the balance of the decisions we make. But we do know this: private decisions have public outcomes. How does it make you feel to know that your decisions probably won't stay private? Why?”

What decision from your past are you most proud of? Why? What is one decision you most regret making? Why?

### **Decide**

Proverbs 2:6 says, “For the Lord gives wisdom; from his mouth come knowledge and understanding.” As you begin this study, in what kind of decisions do you need the most wisdom from God? As you write your answers, pray for God's help in these areas.

We create the story of our lives one decision at a time. Decide what you would like your legacy to be and why it is important to you. Write it down.