



The answer is 'maybe': Why taking time before committing might lead us towards our perfect decision

When making decisions, we often feel like we have to choose right away. But what if the answer is actually "maybe"? Why taking time before committing might lead us towards our perfect decision. [Let's explore this idea further.](#)



What it means to commit to something

Commitment is deciding to put your time, energy, and resources into something, with the decision often tied to our values, goals and objectives. But it can also be a daunting decision as it requires us to decide if we are willing to add it into our lives for the long term. As such, decision-making is essential; when we take the time needed before accepting any commitment, we can ensure our decision is wise and will yield all its benefits. This can bring clarity and insight into our decision-making processes, increasing the likelihood of satisfaction after commitment.



The pros and cons of commitment

Commitments can seem intimidating and overwhelming, and it's natural to hesitate before making the call. Weighing the pros and cons of commitment is essential to making an informed decision. Still, often people become so wrapped up in their FOMO that it becomes challenging to make a final choice. Inaction has benefits; taking a mindful approach may allow us to come to peace with commitment and uncertainties. After all, sometimes, taking our time helps us make the perfect decision.

Making decisions can sometimes be challenging, and it can be easy to feel pressured into making a choice. This pressure might come from specific people in our lives, from underlying expectations or rules of society, or even from internalised injunctions we have developed over time. It's important to recognise that these pressures exist, especially if we feel overwhelmed by the decision-making process. It's also important to remember that we are always in control of our decisions and should take the time to consider all the facts before jumping to any solution. Taking a step back to assess the situation is usually beneficial, as it allows us to make an informed and rational decision free from external pressures.



How taking our time can help us make better decisions

Taking time before deciding is an essential life skill and can lead us to better choices. Considering our options and analysing potential outcomes gives us perspective and helps us determine our path. It's all too easy to be swayed by external pressures when making decisions, but allowing ourselves time to reach an informed outcome leads to better decisions in the long run. Taking a step back, looking at the facts objectively, and understanding that some answers may remain uncertain are all crucial elements of making our own choices with confidence. Taking the time before committing ensures our decision will truly be for the greater good.

How to take your time when making a decision

One tip to guide decision-making is to sleep on it; "sleeping on it" allows us to vet the decision while we're "off-shift", which can help us prioritise our decision in the morning with clear calculations. Talking to others who have knowledge of the decision, such as friends and family, can also be beneficial. You can explore many avenues when making an important decision without feeling rushed or pressured.



1



Take a break

Allow yourself some time away from the problem to clear your head and return to it with fresh eyes.

2



Sleep on it

Decision-making after a good night's sleep has been scientifically proven to lead to better results than when we are tired.

3



Talk it out

Talking through the pros and cons of all possible decisions can help you make clearer judgements, so talk it out with someone you trust.

4



List the options

Writing down a list of all potential solutions can help you weigh up the best option without being overwhelmed by too much information.

5



Listen to your gut feeling

Often, our instincts are correct, so listen carefully and only discount them once you have explored every angle properly.

Occasions when you should take your time before committing

When we consider big decisions, spending time thinking them through definitely pays off before we commit to something. **Here are a few examples:**

1

Major financial decisions

Investing in a company, buying a house or major purchase, or setting up a retirement plan should all be made with plenty of research and consideration.

2

Career change

Moving from one job to another can have long-term implications for your career and income potential, so do your due diligence before committing too quickly.

3

Relationship choices

Whether starting a relationship or ending one, take the time to assess your feelings and ensure you are doing the right thing for both parties.

4

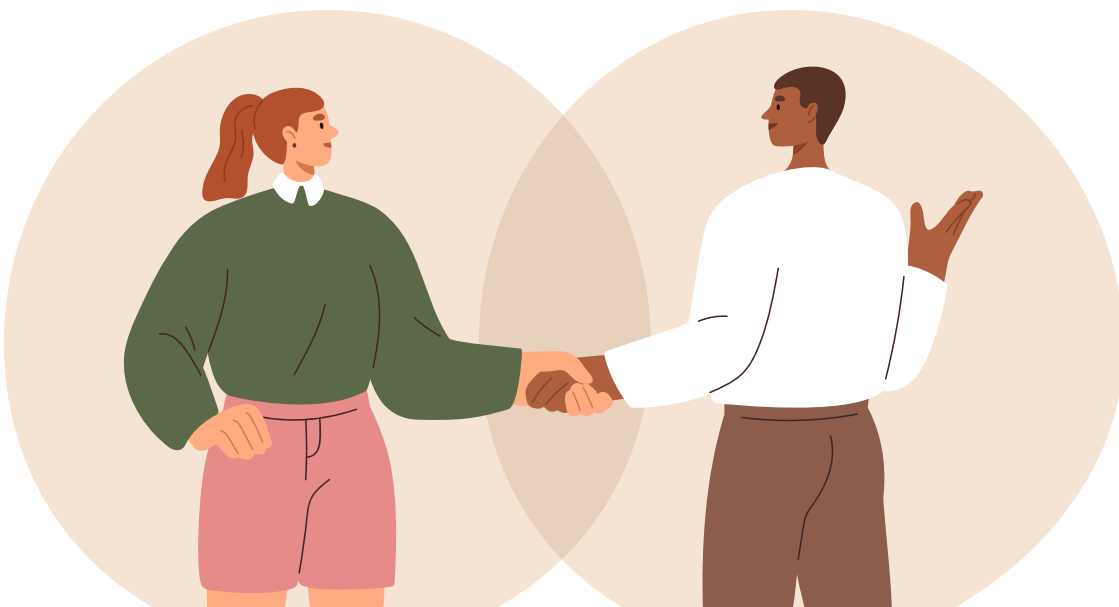
Health decisions

Choosing treatments for a medical condition, changing lifestyle or diet habits – are all critical decisions that require careful thought and research before committing.

5

Making promises

Before promising something to someone else or yourself, consider what that commitment will mean in terms of effort, budget and other resources before agreeing to it.





The path to better decisions

Taking some time to weigh all the pros and cons allows us to find out what will bring us the greatest immediate benefit and how our chosen course of action might play out over a longer period of time - something that's especially important in major life decisions. Suppose we're patient and allow ourselves to contemplate all eventualities. In that case, there is a real chance that we'll make the best choice for ourselves - or at least get closer than if we'd acted rashly or rushed into a potentially ill-advised commitment.

Although it sometimes feels like we need to decide immediately, taking our time before committing can help us more thoroughly assess our options and make the best decision for ourselves. If you struggle to commit, practice some tips we discussed, such as sleeping on it or talking to others about your decision.

Remember, you always have support available through HealthHero and Validium. Our team of experts are here to help you navigate whatever decisions you're facing in your life.

