

"Your Success Is My Success"
-- Daryl Urbanski



Personal Business Coach: Conquering our Self Defeating Decisions with Gleb Tsipursky

This article primarily focuses on effective decision-making strategies, enhancing one's willpower, and balancing societal influence.

It holds immense importance as it imparts crucial life skills that can directly impact our personal and professional success.

Doing these exercises will avail you with a valuable skillset that you can directly apply to improve your decision-making process.

Quote to Remember From the Interview

"The more you exert your focus and willpower like a muscle, the more these aspects strengthen."

What You'll Learn from the Activity

These activities will help you apply the theoretical knowledge from the article into pragmatic scenarios. Through a variety of exercises, you'll gain insights about your own decision-making style, understand your willpower strengths and weaknesses, and assess the impact of social influence on your own decisions.

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Activity

On a scale of 1-10, how would you rate your decision-making ability?

Reflect and write down three major decisions you had to make this month. Did you apply any strategy to reach these decisions?

List three times when social influence swayed your decision, what would you do differently now?

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In your understanding, how are willpower and decision-making related?

Consider a pending significant decision in your life. Try to apply a logical process for decision-making that you learned from the article. What did you find out?

True or False: Mindfulness has no direct impact on decision-making. (? , false)

Fill in the blank: Buffering against social _____ is key for effective decision-making.

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List three examples of when your willpower was tested, and how did you respond?

Multiple choice: Which of the following could be considered as willpower drainers?

- a) Unfinished tasks.
- b) Healthy discussion.
- c) Regular exercise.
- d) Adequate sleep.

Write down how you plan to improve your willpower using the tips from the article.

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Matching exercise:

Match the strategies or concepts from the column A

(Application of Numerical Data, Social Context Influence, Cultivation of Willpower, Balancing Unfinished Tasks, Practical Implementation of Insights) with specific challenges or situations in column B (you need to fill in scenarios that correspond to the concepts in column A).

True or False: Major decision should always be based on gut feeling. (?, false)

What is the main takeaway you got from the Lessons from the Best Business Coach section of the article and how you can apply it in your life?

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Sentence completion:

Complete the following sentences with personal insights from what you learned from the article:

- a) One way I can improve my decision-making is...
- b) I can buffer against societal influence by...
- c) I can boost my willpower by...
- d) I have to balance my life to prevent willpower drains by...
- e) I will take action on the insights from this article by...
- f) One challenge I still face in decision making is...
- g) In order to overcome the aforementioned challenge, I will...
- h) The most valuable lesson I got from this article is...