Making decisions intuitively

Here are two methods that rely mostly on gut feeling and our intuition. The advantage: they’re very quick.

- **Flip a coin**
  1. Assign each option to a specific side of a coin.
  2. Then let the coin decide.
  3. If you notice that you feel resistance to the option chosen, take the other option.

- **Who do I want to be?**
  Think about who you will be if you make a particular choice and ask yourself if that is how you want to be.