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THE DECISION MAKEOVER

An Intentional Approach To Living The Life You Want

By Mike Whitaker

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“Our culture provides us with many opportunities to make life-altering choices that offer immediate gratification but also dead-end short-term benefits. **THE DECISION MAKEOVER** is a valuable tool for sorting the good from the less helpful options for long-term . . . This is a highly readable, worthwhile book.” – William F. Weitzel Jr., PhD, Professor Emeritus, University of Oklahoma, Organizational Behavior and Change Management

WILL YOUR NEXT DECISION CHANGE YOUR LIFE FOREVER?

In THE DECISION MAKEOVER, Expert Mike Whitaker Shows Readers How To Improve Their Lives, Careers, and Relationships With Better Decision-Making

“Most people fail to recognize that opportunities come to them every day in the form of decisions. These decision opportunities can significantly change how their lives turn out, yet most people do not know how to assess a decision to yield a good outcome,” writes business expert, coach, and entrepreneur Mike Whitaker in his new book, **THE DECISION MAKEOVER: An Intentional Approach To Living The Life You Want** (Greenleaf Book Group Press; September 2017). Once people recognize the incredible impact their decisions have on their lives, they can clearly see that they are in charge of their own success. They have the power to make decisions that will create the fulfilling lives they desire.

The Importance of Decision Size And Timing

Whitaker emphasizes that although people make many small decisions without significant consequence, there are twelve big decisions that will make or break their future happiness.

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“Being aware and prepared for the ‘Biggies’ creates a significant advantage,” he says. Using real-life examples, research, and key data, he shows why making wise decisions about such issues as education, career, life partner, health, finances, and friends are critical to long-term contentment.

Understanding the impact of *when* these decisions are made is also essential. Whitaker has identified three decision zones – Prep Zone before age 16, Critical Zone between ages 16 and 40, and Consequence Zone after age 40. “In life, decision zones are meaningful to our personal success. Bad decisions made at a vulnerable time create maximum damage,” he writes. Life’s twelve Biggies get the most activity during the Critical Zone from late adolescence until approximately age forty. “You don’t have to be perfect in this Zone, but you’ve got to be careful,” he declares. Whitaker’s Biggie Decision Inventory is designed to help people better understand how their decisions have affected them up to the present moment.

Overcoming Roadblocks

Whitaker also clearly defines the many roadblocks that stand in the way of good decision-making, whether it’s having a clouded mindset (being a Decisionator), or acting without understanding the why or the consequences of your decisions. Whitaker’s practical advice helps readers overcome their personal barriers to making good choices, showing them how to identify the faulty thinking that gets them in trouble.

Repairing The Damage With The Big Reset

One of the highlights of **THE DECISION MAKEOVER** is Whitaker’s advice for midlife adults who want to recover from bad decisions. He calls this the Big Reset. “It may be scary to admit that The Big Reset is necessary in your life. This step can be taken at any time, and it requires honesty, clarity, and a belief that you will do better going forward. You simply decide to reset and you shove all the tough lessons learned so far into your Prep Zone,” he writes. Starting on the day of the reset, you restart your Critical Zone and use the next ten years to make good decisions. You stop beating yourself up about the past and move forward refreshed and determined.

Setting Clear Goals Is Key

Perhaps the most significant part of **THE DECISION MAKEOVER** is Whitaker's perspective on goals. "Knowing your goals is the key to making good decisions," he says. Because goals and decision-making are so intimately intertwined, he has developed a four-part toolkit to help people identify what they want. He advises readers to:

* **Keep a Few Key Goals Close:** Chose five Prime Goals and stay focused on them.

* **There's Only One #1:** Decide which goal is top priority and always give it favorable treatment when making decisions. This will help you achieve it.

* **Detect Goal and Decision Overlap:** When a decision overlaps a Prime Goal, it becomes a Prime Decision. Prime Decisions are to be treated with more care because these will significantly affect our life results.

* **Recognize Momentum:** Identify and appreciate the benefits of your good decisions. It feels great to know you're moving in the right direction. Momentum helps you continue forward.

Throughout **THE DECISION MAKEOVER**, Mike Whitaker provides encouraging but realistic guidance that enables readers better understand the decision-making process, and access the tools necessary to realize their dreams. "Please remember that success for you is a personal concept. It is whatever you want it to be, and you do not have to copy other people," counsels Whitaker. "And when you notice a decision is approaching, smile and tell yourself, 'I've got this!'" **THE DECISION MAKEOVER** is there to guide you.

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ABOUT THE AUTHOR

Mike Whitaker is a featured speaker and business development specialist. He is the founder of Idea Gateway and serves as a founder and board member for RevTech, a Dallas-based technology accelerator. In addition, Whitaker is launching three new platforms: *The Idea Filter™*, *WisePath®*, and *The Institute for Self Reliance* to further assist personal goal achievement and income certainty in an uncertain economy. Whitaker has also served as Chairman and CEO for several companies and has launched a dozen other businesses in the areas of software development, manufacturing and professional services. He received his B.S. in Cognitive Psychology from the University of Kansas and his MBA from Price College of Business at the University of Oklahoma.