

#109: High Quality Decision-Making

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One Year from Now
with your host, Hailey Thomas

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There's no right way for growing an online business. And honestly, me and my guests are more than fine with that. I'm Hailey Thomas, and this is the podcast that lets you be a fly on the wall for candid conversations and mini lessons from a variety of online entrepreneurs who are growing their businesses based on their own visions. We are on a mission to normalize and laugh about the behind-the-scenes truth of achieving a new level of success in your business. This is One Year from Now.

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Question: What is the highest quality decision you can make in this situation? In this episode, I want to tell you a little story of one of the current residents and the decision that she made to honor a previously scheduled rest day that she had when she was about two weeks behind on client work. So, I mean, that little introduction kind of tells it all, but she came to coaching feeling overwhelmed and a little flustered, because I think, we meet on Thursdays, she had a rest day scheduled for the next Tuesday, and she was about two business weeks behind on client work. Nothing wildly urgent, like, no major client fires, but just kind of generally behind from, sometimes she had to take off for personal matters and just the volume of work as she's learning how to manage and how to— Yeah, like she's built up demand for her work, and so she's learning how to manage that.

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So, she's just a couple of weeks behind, and she came to our call wanting coaching on whether or not she should honor the rest day that she had already scheduled. So, all of my residents every quarter are required to schedule at least two play days and two rest days. Rest days are days in which you take a 24-hour period to rest yourself mentally, physically, emotionally, sensory, right? So, rest isn't vacation, rest isn't a holiday, rest is not a travel day, rest is not an admin day, rest is not a housework day. Rest is a rest day.

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Why? Because we forget that, while our brains are magnificent, we live inside of meat suits. Our brains, while magical and magnificent, are essentially lumps of meat with a jolt of electricity that go through them. We have to physically rest, and I think we think because we sit down to do our work, that our bodies are not being impacted by the effort that we put out and we forget that our brains, even though we're sitting, our brains fatigue us physically. It causes physical fatigue when we are being creative, when we are expanding, when we are growing, like, that causes physical fatigue.

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So, all that to say, everyone is required to schedule to play days and to rest days every quarter. She had a rest day coming up and was like, "Should I take it? Because I'm behind." And the question that I asked her was, "What's the highest quality decision you can make in this situation?" What we were looking at was not a: Do you take this day off or not? What we were looking at is the short-term relief of getting to her inbox and like, basically allowing her brain, kind of giving in to her brain's desire to worry, and to like, work, versus the long-term value of deeply forming the habit of self-consideration and of rest. Those were the two things that were actually at odds here.

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In this exact moment, like I said, no client was on fire, nothing was burning down. She's just in a season of being behind and figuring out her business systems and how she wants to manage this volume of work. It's truly not an emergency. What she was going up against was her internal programming that said, "You should never be behind. All your clients are mad at you. You're bad at business, we've done something wrong, and that's why you're behind." Instead of just a growing pain, which is what this was, that happens, by the way, and her decision was whether or not she should respond to her brain's shame and blame game and like, play that game with her brain, skip the rest day, work, work, work through, potentially get caught up a day sooner. Or, which is what I challenged her with, that long-term value of deeply formed habit of self-consideration. So, like, trying our very best not to skip rest days, or play days, no matter what's going on because we want those habits to stick. We want to show ourselves that those things are valuable no matter what's happening, because over time, it is more valuable for her to have practiced regularly taking rest in all circumstances than it is for her to experience the short-term relief of emptying her inbox one day sooner. Short term relief versus long term value of deeply formed new habits.

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I work really hard to help my clients learn how to make high quality decisions. This is one of those high quality decisions, because in addition to the habit formation, she's also majorly growing in her resourcefulness, majorly growing in her delegation skills, in her time and energy management skills, all at the same time because for her to take this rest day, and not even for her to take this rest day, she can take the rest day no matter what, but the level up and the maturity is, "Okay, what's the triage plan here to get caught up while we take a rest day?" And so, all of these skills, I love to think about like, video game characters, or like, if you're playing an RPG or something like, the task itself is what creates, or like, the decision to do the thing is what creates these like, level ups in skills. So, in resourcefulness and delegation, and energy management and time management, the triage plan is what helps her level up.

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And she gets to come back from her rest day ready to actually implement the plan, versus groggy and exhausted and trying to bust through everything, as she currently is. So, that results in higher quality work for clients. Now, this particular client also has the tools of evaluating on her belt and can, without blaming and shaming herself, see how she can better resource herself for when the situation arises next time because guess what? Growing pains are gonna happen every time you grow. They will, it's nothing to be afraid of, nothing to be ashamed of, nothing to hide from. They just happen, right? It's actually a result of you growing, it's a result of you making more money and having more clients.

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So, this is what high quality decision-making, high quality thinking is about. This is what The Residency is about, right? It's sharper decision-making, higher quality thinking, the tools you need to make yourself as effective of an entrepreneur as possible, and the command to know when and how to use all of these tools. I would offer it's also the audacity to leverage the tools without exhausting yourself and the courage to do that. Because everything in this resident was telling her, "Forget the rest days, in fact, forget the weekend, you're working all the way through." Just to be caught up maybe a couple

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days earlier and be burnt out? No. So, pursuing business residents at One Year from Now is among the highest quality decisions I think you can make, because we are consistently practicing this higher level of thinking and asking the question, "What's the highest quality decision you can make in this situation?"

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Cohort Three is currently enrolling. We are enrolling on a rolling basis. That means that, as I gather the 12 best residents, or when I gather the 12 best residents is when we begin and between that time and when you say, "Yeah, I'm ready to go." You are going to coach one-on-one with me. So, you get my dedicated attention, my time, my focus completely on your brain, completely on your business, and who you are trying to become, all the way up until we go as a group and then, on top of one-on-one coaching, your year with your peers starts. This is, I think, a pretty incredible offer and one I probably will not do in the future. Who knows? But it is available to you and it's available right now. So, you can send me an email Hailey@BrainspaceOptimized.com, or find me on Instagram, I'm [@BrainspaceOptimized](https://www.instagram.com/BrainspaceOptimized) and send me a DM. There is a short application form, you and I are going to have a conversation, and through that, we'll see if The Residency is right for you and if you are right for this cohort. If you are, we will get started with one-on-one coaching and you can start changing your life and changing how you make your decisions now. So, find me on Instagram [@BrainspaceOptimized](https://www.instagram.com/BrainspaceOptimized), or send me an email Hailey@BrainspaceOptimized.com. I'm ready to get started when you are. Alright. We will see you on the next episode.

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