



Getting started - summary

In this section, we have covered the approaches and strategies you can use to plan for the future. We have also explored the decision making process.

In reality, we all make decisions using different approaches, and this is totally normal. Even falling in love can be an intuitive, instinctive choice, but may be backed up and justified with an evaluation of rational factors and considerations.

Being aware of your preferred style of decision making is important, but don't exclude other styles. When important decisions have to be made, consider what is the most appropriate style for that particular situation. Don't just use your preferred style in isolation or out of habit!

Generally speaking, making a decision rationally, has more advantages and fewer disadvantages (as well as potentially negative consequences) than other ways of decision-making.

In the next section we will help you to explore what is important to you. We'll look at your skills and strengths, and your values and motivations, so that you can start to identify the type of job and the life you'll love and find fulfilling.