

If you want an intelligent decision then toss a coin.



The next time you're stuck making a decision **toss a coin**. You might feel uncomfortable thinking that's way too easy and not very intelligent. Your intelligence may be telling you that you need more information, or you need to analyze your choices more. But your inherent intelligence can give you just as good a decision with the toss of a coin.

Decisions making presents a real dilemma. Either you have too much information, too little information or no information to work with. Whatever information you have to work with, you're likely to over analyze it. If you have no information to work with, you're working with hypothetical possibilities. Either way, you get stuck and don't feel confident enough to make a decision.

You may see a coin toss as leaving your decision up to luck or some mathematical percentage of chance. But, here's **the secret to a successful coin toss** – it's not about luck and it's not about mathematical chance. It's about your true emotional connection to what you really want.

In a traditional coin toss, you're preparing for two outcomes. *Heads* will give you one decision and *tails* will give you another decision. You've made a commitment with yourself to abide by the results.

The coin toss is supposed to give relief and resolution for your indecision. But, there **could be some lingering doubt**. What if luck was against me, what if I was on the wrong side of mathematical probability? Well, you could toss for the best 2 out of 3, 3 out of 5 and ad infinitum until you were satisfied.

Smart people who use the coin toss get better decision results, because they don't base their decision on the results of either heads or tails.

The method may vary but the core premise of the coin toss still works. The basic idea is that prior to the coin toss, you reconfirm in your mind the decision assigned to heads and the decision assigned to tails. As you flip the coin in the air, the secret is to **be in touch** with your emotional connection to either result.

Some prefer to be emotionally in touch while the coin is in the air, and watch for which feeling comes up expressing a desired outcome. If you are hoping it will land heads up, then your inner emotions and guidance are leading you to this decision.

Others prefer to allow the coin to fall. Once it's known to be either heads or tails, you immediately confirm a feeling of relief and satisfaction or disappointment. If it lands heads and you feel relieved then go with that decision. If heads makes you feel disappointed, then go with the decision for tails. **It's the emotional connection to the outcome that gives you the real inherent decision that's right for you.**

You may wonder why you would go through the process of logic, rationality and objectivity for weighing the positives and negatives of an issue and then resort to a coin toss?

It has to do with your brain processing not only the outside information, but comparing it to all the other informational decisions you have made. This type of inner processing resides in your subconscious mind/brain. By **allowing yourself to watch for your emotional feelings**, you are picking up on this subconscious processing.

It may sound weird but you've experienced this many times before. Just think of how many times you've said to yourself, *"I have this feeling I should ...,"* or *I've got this gut feeling*

...", or "I knew the minute I made the decision, I made the wrong decision."

There's no harm in trying the coin toss method. You can still make your logical, rationalistic and objective decision. Then test it against the coin toss and then **let yourself know which decision is more intelligent one.**