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## THE NEXT RIGHT THING. A SIMPLE, SOULFUL PRACTICE FOR MAKING LIFE'S DECISIONS

*"What if the way we make decisions is equally as important as the decisions we make? What if choice is one of the primary avenues of our spiritual formation?"*

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Here are some questions from Freeman's book that you can ask yourself:

1. Freeman names the paralyzing nature of fear that makes decision-making hard. She writes, "Sometimes we're afraid to move because we want to avoid an unwanted consequence." (Ch. 7, p.76). The problem is, those consequences can be our own imagined worst-case scenarios.

In chapter 7, Freeman suggests a key question we should ask ourselves.

**"Am I being led by love or pushed by fear?"**

Next time you face a decision, big or small, ask yourself that question. Also, try thinking back to previous decisions. Did your imagined consequences happen? Whether yes or no, what lessons did you learn along the way?

2. Have you ever felt scattered and all over the place as you run around in circles trying to decide what to do? Does this lead to a sense of overwhelm? How can we become "gathered... [people]... equipped to do... [the]... next right thing in love?" (Ch.11, p.123). Answer? We root ourselves in the present. Freeman gives us a strategy to help us be in the here and now. Try it out.

Take something that is causing you worry and propelling you into the future.

State what it is.

Turn it into a question and add "today" at the end.

**Example:**

**I'm worried about this job transition.**

**Is this job transition happening today?**

**No? Set it aside. Yes? Is there something I can do right now to**

