In this chapter I wanted to focus on how our unique style of decision-making leads us to make our personal decisions.

- Involuntary decision-making allows us to function but there are many decision-making biases, or subconscious shortcuts, that can lead to poor decisions.
- Voluntary decision-making includes the use of our critical thinking skills to make effective decisions. We can learn from our past decisions, whether they had good or poor outcomes, to improve our decision skills.
- We all have used “Continuum of Certainty,” where we measure the strength of our conviction on a decision. Once we reach our “Threshold” then a decision has been made.
- There is not one universal, correct style of decision-making. We all have a style that fits our personality. In this chapter I presented four of those styles.