

# WISDOM SESSION

## Decisive Moments

*“Mastering the decisive moments throughout your day is so important.”*

Habits are like the entrance ramp to a highway. They lead you down a path and, before you know it, you’re speeding toward the next behavior. It seems to be easier to continue what you are already doing than to start doing something different. You sit through a bad movie for two hours. You keep snacking even when you’re already full. You check your phone for “just a second” and soon you have spent twenty minutes staring at the screen. In this way, the habits you follow without thinking often determine the choices you make when you are thinking.

Each evening, there is a tiny moment - usually around 5:15 pm - that shapes the rest of my night. My wife walks in the door from work and either we change into our workout clothes and head to the gym or we crash onto the couch, order Indian food, and watch *The Office*. Similar to Twyla Tharp hailing the cab, the ritual is changing into my workout clothes. If I change clothes, I know the workout will happen. Everything that follows - driving to the gym, deciding which exercises to do, stepping under the bar - is easy once I’ve taken the first step.

Every day, there are a handful of moments that deliver an outsized impact. I refer to these little choices as **decisive moments**. The moment you decide between ordering takeout or cooking dinner. The moment you choose between driving your car or riding your bike. The moment you decide between starting your homework or grabbing the video game controller. These choices are a fork in the road.

Decisive moments set the options available to your future self. For instance, walking into a restaurant is a decisive moment because it determines what you’ll be eating for lunch. Technically, you are in control of what you order, but in a larger sense, you can only order an item if it is on the menu. If you walk into a steakhouse, you can get a sirloin or a rib eye, but not sushi. Your options are constrained by what’s available. They are shaped by the first choice.

We are limited by where our habits lead us. This is why mastering the decisive moments throughout your day is so important. Each day is made up of many moments, but it is really a few habitual choices that determine the path you take. These little choices stack up, each one setting the trajectory for how you spend the next chunk of time.

Habits are the entry point, not the end point. They are the cab, not the gym.

– James Clear, *Atomic Habits*

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. — Romans 8:28*

HDPM - Habits + Deliberate Practice = Mastery

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David Trent believes that wisdom comes from continually seeking to learn and grow through relationships and reading, which leads to personal development. In an effort to inspire learning in others, David Trent sends out weekly Wisdom Sessions. He recommends purchasing and reading any book source used in these Wisdom Sessions.