

better decisions, fewer regrets

STUDY GUIDE



Better Decisions, Fewer Regrets

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This study guide is designed to help you reflect on the decision-making principles described in *Better Decisions, Fewer Regrets* by Andy Stanley. Andy explains how you could be sabotaging your ability to make good decisions, and he offers five questions to assist you in keeping that self-sabotage at bay. This guide is designed for use by individuals and study groups, and the goal is to help you reflect on the information Andy presents so you can learn how to analyze your options with clarity and wisdom. The hope is that these reflections will help you integrate Andy's five main questions into your personal decision-making process as you write a life story that is full of better decisions and fewer regrets.

Introduction

1. What prompted you to read this book?
2. What are you hoping to learn from this book?
3. To whom do you turn for advice or wisdom?
4. What is the connection between good questions and good decisions?
5. What regrets do you have? What decisions led to those regrets?

6. Why do you think we resist questions when we are making decisions?
7. Who have you seen ask good questions when making decisions? What have you learned from them?

— CHAPTER 1 —

More Than a Decision

1. How do our decisions affect the story we want to tell?
2. How can considering your story help you make better decisions?
3. What major decisions have led you to where you are now?
4. Why do you think it is difficult to stop making bad decisions?
5. How often do you find yourself regretting decisions you've made?

6. What emotions tend to drive your decisions?
7. What ideas have you sold yourself on in the past? What was the result?
8. What surprise decisions have you had to make?
9. Why is it important to consider the long-term outcomes of your decisions?
10. How does it make you feel to know that your personal decisions have generational outcomes?

— CHAPTER 2 —

The Integrity Question: Am I Being Honest with Myself . . . Really?

1. How does it make you feel to know that you have been complicit in all your bad decisions?
2. Why is self-leadership critical to success?
3. How would you describe your self-leadership?
4. What would you like to change about how you govern yourself?

5. What “Plastic Truth” and false narratives have you been carrying? Why have you avoided telling yourself the truth?
6. Describe a time when you regretted making a purchase. What caused you to think it was a good idea at the time?
7. What bad habits do you have? What justifications have you used to continue those habits?
8. When have you allowed confirmation bias to affect your decisions?
9. What is the difference between dishonesty and deceit?

10. In what areas of your life do you need to be truthful with yourself right now?

11. Reflect on one decision you are currently facing. How have you been lying to yourself? How does it feel to answer the Integrity Question honestly regarding that decision?

— CHAPTER 3 —

The Legacy Question: What Story Do I Want to Tell?

1. What does *legacy* mean to you?
2. Whose life stories do you love hearing? Why do you enjoy them?
3. Whose stories have become a part of your life?
4. What story do you want to be able to tell?

5. When have your emotions affected your decisions? Looking back, what would you change about those decisions?
6. How does thinking of your life as a story change the way you view your daily decisions?
7. What do you think it means that “our stories are future tense”?
8. How does the story of Joseph inspire you to consider your story when making decisions?
9. How does it make you feel to know that you can still write your story despite your past decisions and regrets?

— CHAPTER 4 —

The Conscience Question: Is There a Tension That Deserves My Attention?

1. When have you ignored clues and red flags?
2. What outside factors caused you to ignore red flags in the past?
3. Who has brought red flags to your attention in the past? How did you react?
4. When have you predicted an outcome but experienced disappointment? How did that experience affect the way you made decisions?

5. Why is it important to surrender to God?
6. How has God redirected you when you paused because of a tension you felt?
7. Where are you currently feeling tension?
8. Why do you think that tension is bothering you?

— CHAPTER 5 —

The Maturity Question: What Is the Wise Thing to Do?

1. When do you find yourself living as close to the line as possible?
2. Why do we tend to think we are still in control when we are living irresponsibly?
3. What have been some of your most regrettable irresponsible decisions?
What assumptions led you to make those decisions?
4. What is the difference between being careful and using caution?

5. Why is it important to use wisdom when making decisions?
6. Where do you turn when you need wisdom?
7. What role does self-deception play in living unwisely?
8. When have you been jolted into making a wise decision because of the effects of your bad choices?
9. Why is it important to consider your past when making decisions?

10. What do you want your future to look like? How does that dream affect how you will make decisions?

11. What are your three high-level, general goals? What changes do you need to make in order to meet those goals?

— CHAPTER 6 —

The Relationship Question: What Does Love Require of Me?

1. Which of your relationships might be strengthened by asking the Relationship Question?
2. How does it make you feel to know that others may reject your attempts to improve your relationship with them?
3. What is the most challenging part of loving others the way Jesus loved?
4. Whom do you find difficult to love? Who is easy to love?

5. Who has inspired you with their love for others?
6. How does loving others like Jesus loved change the way you treat them?
7. What might it look like to love others in your daily life?
8. In what ways are humility and loving others related?
9. When have your views changed because of experience and growth?

10. When has someone's love for you changed you? How and why were you changed?

Conclusion

1. Why is it important to seek God's will? Is this something you do regularly? Why or why not?
2. How can the five questions in this book lead you to discern God's will for you?
3. What do you think it means to renew your mind? How can doing so help you become closer to God?
4. Which of the five questions will be the most challenging for you to incorporate? Which will be the easiest? Why?

5. What did you learn about yourself by reading this book?
6. How will you incorporate these questions into your daily decisions?
7. What is your biggest takeaway from reading this book?
8. How would you describe this book to others?

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