

“YOU MAY NOT LIKE THE SITUATION YOU’RE IN, BUT YOU HAVE TO LIKE YOURSELF IN IT.”  
~ Author unknown ~

At some point, we all have to make decisions under pressure. The information may be incomplete, the circumstances emotionally charged, the consequences significant. But the decision must be made.

My spouse died in the spring of 2019. Not long after I found myself in a dispute with his estate. It’s now the spring of 2020 and the dispute is ongoing. There have been important decisions that I’ve made along the way, under challenging circumstances, unsure of how compromised my thought processes were. As time rolled on, I developed a decision-making framework for myself, embedded with checks and balances, in the hopes of producing better quality decisions that were consistent with my values. I didn’t want to be a walking contradiction, believing in a certain set of standards, but making decisions under pressure that did not reflect those standards.

I came up with the following (overly simplistic some might say) framework:

- Do your homework
- Try as hard as you can
- Follow your heart
- Listen to your gut
- Let the chips fall where they may
- At the end of every day, try to let it all go, knowing that you deserve a mind and body that are restored and refreshed to meet the next day

During the COVID crisis we will all be making important decisions under pressure. You’re invited to take the framework I’ve come up with and make it your own. When we get through all of this, sitting together at a Gro event, glasses of wine in hand, I’d love to hear your tough-decision stories, whether this framework helped, how you adapted it and share my story with you.

An opportunity to exchange thoughts, ideas and gro from one another’s experience – what a comforting thought during challenging times!

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