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Decision Making

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Decision Making

In 2019 December, I made an important decision of my life to stop clubbing and focus on living a healthy life. Before my decision, I could hardly be found in the house or doing a meaningful thing that positively influenced my life. It was either I was in a company of friends drinking or swinging my hips at every dancehall I could find around me. I spent most of my time partying.

What made me arrive at this decision was when I was arrested for being disorderly and insulting a police officer who came to solve the difference I had with my friends after becoming drunk. Unlike my friends, my parents did not come to my rescue; I was arraigned in court and ordered to work to do general cleanliness at the police station as my punishment. I learned my lesson, and because of this and my diminishing health, I decided to quit alcohol and other drugs to live a healthy, meaningful life.

When making a decision, I prefer going it through with my gut feeling. To me, a structured decision-making procedure is scary and tedious. When one decides, it is upon them to honor the decision, and going through a structured process is unnecessary.

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