

THE LIFECHANGE TOOLKIT

7 TOOLS TO HELP YOU
MAKE YOUR NEXT BIG DECISION

BILL HAMPTON

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Make Your Next Big Decision

Bill Hampton

There's one question many people don't ask until it's too late:

What will I do after I reach all the goals I've set for myself?

See, as a coach, I spend a lot of time working with established professionals.

People who have risen to the top of the corporate ladder through grit and willpower. People whose body of work almost leave you speechless. People who seem to "have it all."

But here's the problem:

Many of them don't *realize* how good they've got it.

They've been buried in their work, hunched over their desks, and when they finally sit up and look around...

Their lives feel empty.

So they decide it's time for a change.

And for some of them, this is the right decision. But interestingly enough — for many, it's not.

The idea of making a big decision can feel complicated and overwhelming. Which is why I created this guide to help you get some clarity.

Because no matter what big move you're contemplating next — it deserves conscious, dedicated thought, and a proven, well-thought-out process to make sure you **get this right**.

But before we get into all that...

You should probably know a little bit about me first.

I was the 15th person hired at the Dave Ramsey company...

And with the help of a great team, we made the Dave Ramsey Show one of the most popular radio shows in the country.

By my 13th year at the company, I was earning a healthy 7 figures per year in personal income...

I was good at what I did...

I had lots of people reporting to me...

The company was growing...

And I was at the height of my career.

... but I was miserable.



Bill Hampton

Don't get me wrong — I loved Dave and the company. Working there was great. But I just wasn't passionate anymore.

Like you, I was facing a big decision.

I worked through it using a few of the tools you're about to discover below. And eventually, I decided it was time to go.

So I left.

Since then, I've worked in multiple different capacities, including serving as a board member of one company and president of another...

But the most fulfilling work I've done, by far, is the work I do as a coach and consultant, helping driven executives tap into their true potential.

One of the main reasons I've been able to successfully coach these high-level clients for nearly a decade is because...

I know exactly how to coach them through big decisions.

I love the Shakespeare quote that says:

*All the world's a stage,
And all the men and women merely players:
They have their exits and their entrances;
And one man in his time plays many parts.*

Because it's true of nearly everyone I know. They've all gone through major life changes.

Some of those changes have been by choice...

And others have been by accident.

But regardless, one thing remains true:

If you want to live a good life, it's important to know when and where you might need an exit, a reset, or an entrance.

Because...

A good exit and entrance can change your life.

The problem is...

What's a "good" exit and entrance?

How do you know when to make a big exit and entrance in life?

And how do you do it gracefully?

Before we get into all that, this is the part where I have to give a disclaimer:

I don't know your situation. I probably don't know you personally. So everything you're about to read is general advice.

If you really are contemplating a big decision — my #1 recommendation will *always* be to get direct professional guidance before making any major moves.

Because, while it's true that a good exit and entrance can change your life in a very positive way...

A *bad* exit and entrance can change your life in a very negative way.

So if you want to make sure you have a GOOD exit and entrance — make sure you slow down and get some trusted advice from a mentor or a coach.

I've helped countless clients through big life moves. And if you're contemplating a big decision in your own life — I'd like to coach you through it.

If you're interested in working together...

[Click here to book a call with me.](#)

Alright, let's get into the tools.

Tool 1: Audible

If someone came up to me today and asked:

"Bill, could you drive to Minnesota and pick something up for me — then drive it back here within the next 24 hours?"

(Keep in mind, I live in Nashville, so this would be a pretty long drive.)

... I would be *ecstatic*.

"Wait," I'd say, "You mean I get to spend all that time in my car alone listening to audiobooks? Absolutely! I'd love to drive to Minnesota and pick that up for you."

But when I listen to audiobooks, I'm not listening to *Harry Potter* or anything like that. The books I listen to usually fall into 1 of 2 categories:

- Self-improvement
- Biographies

I've found that these 2 types of books give me both inspiration and actionable tips I can use in my own life.

I walk away from every book feeling like I can accomplish something new.

If you're considering a big move, I consider an Audible subscription a "must."

You should already have one. But if you don't, this is your sign.

[Go here and sign up now.](#)

Here's why:

If you're anything like me — you're busy. And the idea of sitting down for 1 - 2 hours per day to read a physical book brings up the question of:

"Where am I going to find the time?"

Audible makes it easy.

Listen to books while you're driving, washing the dishes, going for a run, whatever.

The reason I think books are so important when you're considering a big move is because they give you perspective. When you spend a lot of time trapped in your head thinking...

It becomes an echo chamber.

You get your mind set on one single solution to a problem. But you fail to realize that there are other possible solutions that might work out even better.

Books stretch your mind and encourage you to think of new possibilities.

I consider this a "foundational" tool for any big decision. Listening to books on Audible will help you get some realistic perspective on your situation...

So you can make sure you're not approaching it from your own "echo chamber."

Here are a few of my favorites. Get started with these:

- [Shoe Dog by Phil Knight](#)
- [Extreme Ownership by Jocko Willink](#)
- [American Icon by Bryce G. Hoffman](#)

Tool 2: Podcasts

Similar to audiobooks, podcasts are something I get very excited about.

Specifically, though, there are two podcasts I'd recommend listening to if you're considering a big move in your life:

It's a Good Life by Brian Buffini

How I Built This by Guy Raz

Here's why:

I once heard Tim Ferriss say "Nobody wins in the middle. You win on the edges." In other words...

You can't win in life by being all things to all people.

Think of leaders throughout history who have created a group of passionate followers. Whether they were good or bad doesn't matter.

One thing they all had in common was that...

THEY HAD AN OPINION.

You rarely heard them say something like:

"Well I don't know... you just have to do what works for you. Everyone is different."

NO!

You knew *exactly* where they stood.

That's why I like listening to Brian and Guy. When you hear the stories of all the entrepreneurs they interview, you'll find that they all have a few things in common:

Their minds were open to inspiration

They ACTED on that inspiration

They had an indomitable will and fought for that inspiration day in and day out

This is the stuff that fires me up!

And if you're considering a big move in your life, I think it will do the same for you.

By the way, if you love an "in-your-face" style — and you're not offended by language — then I have two more guys you should listen to:

David Goggins and Jocko Willink.

They're both former Navy SEALs, and they are truly "no BS."

They're definitely not for everyone. But their attitudes are usually what do the trick for me when I need some direction.

Tool 3: Quiet time

You might be rolling your eyes at me right now, but this one is non-negotiable.

I know you're busy. I know you have a lot going on. But if you're considering a big move in life...

You *have* to make time for this.

No excuses.

And here's why:

Remember earlier, when I mentioned how, sometimes when you're considering a big decision, your mind turns into its own little echo chamber?

Well here's what's terrifying about that:

A lot of the time, it happens without you even realizing it.

So that means your mind is running this subconscious script that's directing how you think about this big decision...

But you haven't even taken the time to look at that script and decide if it's true or not.

And if you haven't sat alone with your thoughts and gotten outside the echo chamber...

You're probably thinking about this major life change with an invisible script *that isn't even true.*

And if you don't take quiet time to examine that script...

You could end up making a major life change based on inaccurate data. I don't know about you... but that scares the heck out of me.

So that's why scheduling time to be alone to observe your thoughts and feelings is a non-negotiable.

One of my favorite podcast episodes of all time is when Joe Rogan interviewed angel investor Naval Ravikant. They were talking about quiet time, and Naval referred to it as:

"The superpower of being alone and enjoying it."

He also referenced another quote from philosopher Blaise Pascal, which I love:

"All of humanity's problems stem from man's inability to sit quietly in a room alone."

So harness this superpower and solve your own problems by taking some quiet time alone each day.

Do it in the morning, before anyone else in the house is awake. Or do it at night, after everyone has gone to sleep.

I don't care when you do it. But you do need to do it.

For me, "quiet time" means setting the timer on my phone for a set length of time and just sitting and staring.

Literally doing nothing.

The first few days, your mind will attack you with thoughts, because it's not sure what's happening.

You'll be tempted to respond, because some will seem REALLY important.

But don't do it.

Just sit and stare.

It might sound odd, but pretty soon — if you sit and DON'T respond for long enough — you'll get through those thoughts and you'll begin to have a new outlook on your situation.

Bottom line:

Make time to be silent and observe what's really going on inside of you.

A word of caution, though:

Don't tell me your quiet time is on the golf course or something like that.

It's not.

I guarantee you're still thinking about other things when you're out there.

(I know I am!)

So instead, just sit with yourself.

It might be uncomfortable at first. But it's worth it.

Tool 4: Journaling

Sometimes, this one goes hand-in-hand with quiet time.

Because one of the simplest ways to get clarity on what's happening with your thoughts and emotions is to write them down.

And journaling is often where things get interesting, because it can slow down the "thought spiral" happening in your brain.

So when you actually get those thoughts and feelings on paper — you see them with new clarity.

You might write something in your journal that you felt was 100% true when it was in your head...

But after you write it down — you realize it's absolutely ridiculous. Or maybe there's a flaw in the way you're thinking about it.

Whatever it is...

Journaling is your chance to see things for what they really are — not what you think they are.

If you want more confirmation of this, [listen to the *It's a Good Life* podcast episode with Dr. John Delony.](#)

Dr. Delony says something like:

"You will never win the battles in your head. You have to get them out of your head and onto paper."

That's not an exact quote, but it's the advice he gives when someone is going through a really difficult time or facing a big decision. Get it out on paper and then challenge those thoughts.

Are they true?

Tool 5: Get feedback

In the same way that you can have blind spots when you're driving a car, sometimes we have "blind spots" when it comes to our personality traits and decisions.

But others don't have the same blind spots we do.

They see things from a different perspective.

... which means that, by getting their feedback, we can get a more accurate picture of the situation.

The problem with asking people for feedback is that they don't always "shoot you straight."

The people you ask are usually people who care about you. So they might sugarcoat things or tell you what they think you want to hear.

Thankfully, due to modern technology, there is a way to get around this — to a degree:

Create an anonymous, open-ended survey with 3 - 5 questions that you want to get feedback on.

I'd recommend using Google Forms for this.

I'm no tech wizard, so I won't give you a tutorial here. But do some research to make sure you set this up correctly.

If you tell your close friends and confidants that this survey is anonymous and that you want them to be brutally honest...

Well, that survey better *actually* be anonymous — or you could end up in some very unpleasant situations.

Here are some example questions you might want to use:

Here are some example questions you might want to use:

- What are some of my strengths?
- What are some of my weaknesses / areas for improvement?
- What are my blind spots? What things are true about me and my life that I don't realize?
- When it comes to making a big decision in my life — what advice would you give me?

Is there anything else you'd like to tell me?

Send the survey to the people you trust for feedback. You may also want to preface the survey with an intro paragraph like this:

"Thank you so much for taking the time to answer these questions. I'm considering making a big decision in my life, and since you are one of the people I respect the most — I wanted to get your opinion. This survey is anonymous, so please answer honestly and directly. I'm not looking for 'feel-good' answers, I'm looking for the truth. Thank you again."

Some people still might sugarcoat things slightly. And that's okay. But the responses you get should give you a more well-rounded understanding of your situation and uncover any "blind spots" you might have.

But, a word of warning:

You need to have thick skin if you're going to do this one.

If someone gives you a brutally honest answer — you cannot stay up half the night trying to figure out who said it.

You have to take these responses for what they are:

People who care about you being brutally honest in an effort to help you.

So I repeat, you *cannot* hold these answers against people. If you think you might — skip this step.

Tool 6: Hard conversations

One of the things I've noticed about the highly-driven clients I work with is this:

They often use work as a crutch.

They've gotten very good at what they do — but they haven't always made their achievements by healthy means.

They bury themselves in work to forget about the struggles they have in their lives...

To avoid confronting the root issues that are causing turmoil in multiple areas of their lives...

And to give themselves an excuse to NOT have the conversations they really need to have.

The hiding stops now.

What problems are you avoiding in your life?

Who else is wrapped up in those issues with you?

Who can you talk about these issues with openly?

Who do you NEED to talk about these issues with?

Identify who those people are. Reach out to them and tell them you need to talk. Set aside an hour or two to have the conversations you've been putting off.

These situations need to be dealt with tactfully. So whatever you do — don't rush into them like a bull in a china shop.

That's motion — but it's not progress.

You might want to do this with the help of a coach, mentor, or mediator.

You're an adult, so it's up to you to determine the best way to handle these conversations tactfully.

But if you want to brainstorm with someone before, during, or after...

[You can click here to book a call with me and I'll see if I can help.](#)

Tool 7: Work with a professional

Regardless of whether you think you need it or not — I'd recommend working with a coach before making your next big move.

As I mentioned at the beginning of this ebook, one of the most profound things that happens with my clients is that...

After we dig deeper into what's going on in their lives...

They realize that they actually don't need to make a major change after all.

They can get the results they want without leaving their job or doing anything else drastic.

I know that's not "sexy," but it's true.

Sometimes — a big move is necessary. And if that's the case for you...

I'd love to coach you through it. But through working together...

You may find that happiness is closer than you thought.

If you want to make sure your next big move is the right one...

[Click here to book a call with me.](#)