

Making informed decisions for a future happy life business plan samples

[Psychology](#), [Success](#)



In the book, *The Paradox of Choice*, Schwartz explores the concepts of the increasingly important elements of modern life that is characterized with the high numbers of choices and the effect of the choice made on one's psychological state and development. In contrast to other scholars who emphasize that choice is good, Schwartz insists that availability of many choices is detrimental (Schwartz 57). This paper reviews Chapters 3 and 5 of this book to identify some of the important concepts proposed by the author that are applicable in the modern life.

In Chapter 3, *Deciding and Choosing*, Schwartz gives an account of the principle procedures that guide individuals during the process of decision-making. Schwartz accounts that the first step when attempting to make any decision includes figuring out one's goals. This includes identifying the needs that ought to be accomplished and the intended objectives (Schwartz 49). The second activity includes evaluating the identified goals to establish the magnitude and significance of each goal. The third step includes listing the available options. With the knowledge of all available options, one can select the best option, which is essential in avoiding regrets in the future. It is apparent that each of the available options account for one's needs in different ways. Therefore, the option opted for should be the one that best meets one's goals. After establishing the best option, one can make a choice and utilize the consequences of the choice made in informing later choices (Schwartz 70).

In Chapter 5, *the Choice and Happiness*, Schwartz evaluates the effect of the choices made. The Chapter develops an idea that happiness emerges from humanity's ability of visualizing the future. The scholar notes that the state

of one's future is defined by the result of his or her choices. In this context, Schwartz believes that people's happiness is a product of their positive choices while sadness is the result of their negative choices (Schwartz 105). Various key issues are identifiable from the reviewed Chapters that are applicable in my project, " Making Informed Decisions for a Future Happy Life." My project focuses on a strategy of addressing the challenging procedure of making right choices that would ensure that I lead a happy life in the future. Initially, in reference to Chapter 3, Swartz highlights a model of model of decision-making, which is effective in the diverse environments including the situations where the choices are limited, and the options are fewer. Schwartz observes that this was the case with the earlier decades; however, the situation has changed due to the " supermarket effect" which is characterized with increased options (Schwartz 63). The scholar notes that the implication of a situation of increased choices and options is that each choice that is taken seriously is due to take more time. Furthermore, individuals have more choices that need to be taken seriously. The implication of these issues to my project is that I need to engage a rational mind when selecting from the available choices to ensure that I am investing my time in the most relevant choices.

In chapter 5, the scholar explains the issue of making misinformed choices, as wrong choices has the potential of affecting one's life negatively. He also explores the issue with the idea of making right choices by noting that making right choices for a happier future life is essentially difficult due limited time for focusing on each choice and the high number of choices to make (Schwartz 109). In reference to these issues, I am warned that making

right choices that would lead a happier life demands a critical and rational mind.

Firstly, I was amazed to read that the process of making right choices is very challenging. Prior to reading Schwartz's work, I took the idea of selecting among the available choices lightly. I further got surprised to learn that the choices that we make have the potential of defining whether we will lead a happy or sad life. This highlights the significance engaging a conscious mind when making decisions to lead a happier life in the future.

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Works Cited

Schwartz, Barry. *The paradox of choice: why more is less*. New York: Ecco, 2004. Print.