

Rule 10/10/10 helps you to regain your morale after the sadness that seems like you want to die

Time is a miracle remedy to relieve all pain. This 10/10/10 rule will be helpful for those who are experiencing life problems.

In life there will be times when you have to make very difficult decisions, for example to quit your current company to find a better job or give up a long-term love for a traitor. . These are problems that we often encounter in life and compel you to choose. How to make the best decision to not regret and directly affect your life and work later.

How many people can be hard-pressed to make a decision to be willing to leave a long-term love affair or leave a warm family life, abandon long-standing co-operative relationships or even sacrifice those my own joy for a big step in their career?



Decision making has never been an easy thing. And useful advice for those who are struggling to make the decision is to apply the 10/10/10 rule (Ten.Ten.Ten) which was initiated by Suzy Welch, wife of GE Jack Welch President. This method means "Think everything under the view of 10 minutes later, 10 months later and 10 years later".

After experiencing it on his own, Suzy Welch concluded: 'We should stop every decision in time to avoid making the wrong choice. What we need to do is to control our emotions, calmly apply the 10/10/10 rule, it will help us solve the problem more properly. '



This 10/10/10 rule is not only true when deciding on a certain job but can also be applied in many different situations, even if you fall in love.

For example, imagine you were betrayed by your lover:

10 minutes after this how do you feel?

Surely then you are desperate to the extreme. You can cry, moody.

10 months after this how do you feel?

You have calmed down a bit and started to get acquainted with new people.

10 years later how do you feel about this?

You married, even have children. Every time you remember about the time of your young love, you find it very interesting and thank the guy who created those memories for you.

Let time help you to relieve the pain you are having, think a little deeper, you will not feel frustrated and bored, because life is always so.



In addition to applying in love, the rule of 10/10/10 is also seen as a useful support tool for life. For example, today a lot of young people like to travel, like to experience and set foot in new lands, ready to give up all to satisfy their interests. However, when making those decisions, take some time to apply the 10/10/10 rule and think a little about what you're about to do. After 10 minutes after deciding, do they themselves actively pursue their interests? Next, 10 months, and then 10 years later, will they still be free and enjoy themselves, or is the mind full of regrets for missing many other important things?

Every individual is destined for himself or herself that they always prioritize first, for you, what is it? If you still don't have a satisfactory answer, let rule 10/10/10 accompany your decisions even if it is a problem full of challenges and difficulties.

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