

# The Triangulation Method for Decision-Making

## Chapter 7: Education

When it comes to your business, your love life, your finances, your children, there are so many options out there. To help you choose which are right for you I highly recommend a method I learned from Precision Nutrition’s co-founder, Phil Caravaggio. It’s called “triangulation.”

Here’s how you do it:

### STEP 1

Find at least three *believable*\* people with *demonstrated* competence\*\* who are passionate about the subject matter.

### STEP 2

Prepare thoughtful, insightful, deeply curious questions to ask them. Creating these questions might take some research and “homework” beforehand—for instance, he might review a particular person’s career path, read materials they wrote, and so forth.

### STEP 3

Use these questions to interview them in person (preferably) or on a video conference; listen closely and absorb everything they teach, taking extensive notes.

### STEP 4

Pay particular attention to areas where the experts don’t agree. (This is important.) Then follow up with each to figure out why they disagree.

### STEP 5

Only then, taking everything into account, make your decision.

\*

People who have repeatedly and successfully accomplished the thing in question, who have a strong track record with at least three successes, and have great explanations of their approach when probed.

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Showing that you deserve the title of “authority” or “expert” with consistently high-level performance.

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: [www.changemakeracademy.com/book](http://www.changemakeracademy.com/book)