

A person in dark winter gear stands on a snowy mountain peak, looking out over a vast, snow-covered landscape under a bright sky. The person is positioned on the left side of the frame, facing right.

Decision Fatigue

Simplify your decisions workbook

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What is decision fatigue?

Definition:

The more decisions you need to make in a set period of time, like a day, the worse you're going to be at weighing all the options and using a formalized decision-making strategy to make an educated, research-backed, choice.

The decisions we make impact our:



Relationships



Health



Happiness



Stress Level



Career



Finances



Outlook



Reputation



Self-Esteem



Safety



Future



Well-Being

To decide, or not to decide.

Here are some strategies:

■ **IMPULSIVENESS**

Leverage the first option you are given and be done.

■ **COMPLIANCE**

Choosing with the most pleasing, comfortable and popular option as it pertains to those impacted.

■ **AVOIDANCE**

Ignoring decisions in an effort to avoid responsibility for their impact of just simply preventing them from overwhelming you.

■ **BALANCING**

Weighing the factors involved, studying them & then using the info to render the best decision in the moment.

■ **DELEGATING**

Not making the decision yourself but pushing it off to trusted others.

■ **IMPULSIVENESS**

Leverage the first option you are given and be done.

Limit Daily Decisions

Make fewer decisions

Limit your decisions to be more productive and get things done

Delegate decisions

If and when you can, assign tasks to other people

Have a to-go process

This should be a quick and easy process for decision making

Decisions before noon

Make big decisions earlier in the day when your mind is fresh and well rested

Limit options

This enhances your decision-making skills and reduces energy to make good decisions

Schedule decisions

Space our deadlines

Simply your life

Save your mental energy by minimizing your things and simplifying your environment

Stop second-guessing

Especially important on minor or "non-essential" decisions

Develop a routine

Set routines and habits to automate your decisions

Decision Fatigue vs. Your Well-Being

Question 1: Which of these strategies do you think you could put in practice to help reduce your possible or potential decision-fatigue?

Decision Fatigue vs. Your Well-Being

Question 2: Are there any insights or “A-ha moments” you’ve had while we’ve talked about decision fatigue? What did you notice?

Decision Fatigue vs. Your Well-Being

Question 3: Do you understand how reducing decision fatigue could and can improve your well-being? Why is it important?



Thank You!

We hope you found this workbook on preventing decision fatigue useful. We'd love to hear how this has helped! Come tell us about your experience or how you've improved your decision-making skills via the contact details below.

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