

DECISION FATIGUE CHEAT SHEET

DOES THIS DECISION DESERVE THIS MUCH ENERGY?

A highly scientific system for not turning every tiny choice into a committee meeting in your brain.

GOOD

I actively want this.

YES.

BAD

I actively do not want this.

NO.

INDIFFERENT

I truly do not care.

PICK THE EASIEST OPTION.

Not every decision deserves this much of your brain.