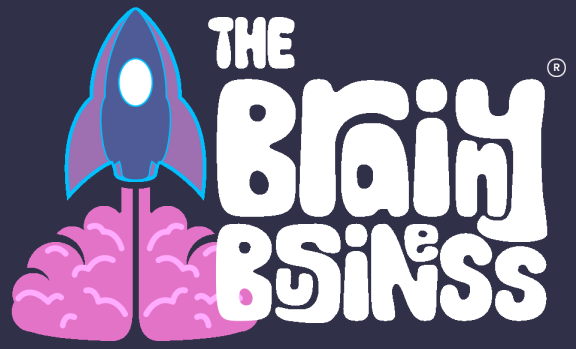


DECISION FATIGUE

WORKSHEET



The average adult makes 35,000 decisions each day!
At some point, your brain gets fatigued...use these tips to reduce/streamline choices.

How might you use the following ideas to reduce decision fatigue?

Be thoughtful about what to "BE Thoughtful" about. What really matters to you?

"Elsa" everything you can (if it doesn't really matter in the long run...Let It Go!)

Batch. What can you plan once for a long time in the future? (3 or 6 months of content)

Delegate. What do you constantly procrastinate on that someone else could do?

Timing. What BIG important things should you do first thing in the morning?

Timing. What SMALL mundane things should you do before lunch or late in the day?
