



The Decision Fatigue Solution

Reclaim Your Mental Energy & Make Better Choices Effortlessly

Stop burning out your brain on tiny decisions. Learn the science behind decision fatigue and get the proven strategies that preserve your mental energy for what truly matters.

Priceless Coaching

From Chaos to Clarity

The Hidden Energy Drain You Never Knew About

"I'm tired of making decisions—I just want someone to tell me what to do."

If you've ever felt this way, you're experiencing decision fatigue—the deteriorating quality of decisions made after a long session of decision-making. It's why you can handle complex work decisions in the morning but can't choose what to have for dinner.

Here's what most people don't realize: **your brain treats every decision the same way**, whether it's "What should I wear?" or "Should I take this job?" Each choice depletes the same mental resource.

When Decision Fatigue Takes Over

"I can make big business decisions in the morning, but by evening I'm paralyzed by the dinner menu."

✓ Overwhelmed by too many choices, even simple ones

✓ Burnout from constant micro-decisions throughout the day

✓ Avoiding important decisions altogether

✓ Making poor choices when mentally exhausted

✓ Procrastinating on decisions that require mental energy

✓ Feeling mentally drained by everyday choices



The Science of Decision Fatigue

Understanding what's really happening in your brain

The Research

Studies show that the average person makes approximately **35,000 decisions per day**. Your brain's prefrontal cortex—responsible for decision-making—has

limited energy. As this energy depletes throughout the day, your decision quality deteriorates.

The Judge Study

Famous research on Israeli judges found that they granted parole 65% of the time after meal breaks, but only 10% right before breaks. **Even trained professionals make worse decisions when mentally fatigued.**

The Paradox of Choice

Psychologist Barry Schwartz's research revealed that **more options often lead to less satisfaction**. When faced with too many choices, people experience analysis paralysis and regret their decisions more often.

The Willpower Connection

Decision-making and willpower share the same mental resource. This is why you might eat healthy all day but reach for junk food at night—your decision-making energy is depleted.



The DECIDE Framework

Six strategies to eliminate decision fatigue and preserve mental energy

D

Delegate Micro-Decisions

Automate or eliminate small decisions through routines, defaults, and systems. Save your mental energy for important choices.

E

Establish Decision Windows

Make important decisions during your peak mental energy hours (usually morning). Schedule routine decisions for low-energy times.

C

Create Decision Templates

Develop reusable frameworks for recurring decisions. Once created, you just fill in the template instead of starting from scratch.

I

Implement the Two-Choice Rule

Limit yourself to two good options for any decision. This eliminates analysis paralysis while ensuring you still have choice.

D

Defer Non-Urgent Decisions

Create a "decision parking lot" for choices that don't need immediate attention. Review them during designated decision-making sessions.

Eliminate Decision Triggers

Remove or reduce environmental cues that force unnecessary decisions.
Organize your space to support automatic choices.



Your Personal Decision Audit

Track your decisions for one day to identify where you're losing mental energy to unnecessary choices.

Daily Decision Log

Decision Made	Time Spent	Mental Energy (1-5)	Could Automate?
e.g., What to wear	e.g., 10 m		<input type="checkbox"/>
e.g., What to eat for lunch	e.g., 15 m		<input type="checkbox"/>
e.g., Which task to do first	e.g., 5 min		<input type="checkbox"/>
Add more decisions...			<input type="checkbox"/>

What patterns do you notice in your decision-making?

When do you make the most decisions? Which ones drain you most? What time of day feels hardest?

Which decisions could you automate or eliminate entirely?

List the repetitive decisions that don't require creativity or complex thinking...



Decision Automation Checklist

Use this checklist to systematically reduce your daily decision load. Check off each area as you implement automation.

☐ **Morning Routine:** Same wake time, same breakfast, same outfit style (create a "uniform")

☐ **Meal Planning:** Set menu for each day of the week or batch cook the same healthy meals

☐ **Work Priorities:** Create a decision matrix for task prioritization (urgent/important grid)

☐ **Meeting Responses:** Default templates for yes/no responses and scheduling conflicts

☐ **Shopping:** Standard grocery list, automatic subscriptions for regular purchases

☐ **Entertainment:** Curated lists for movies, books, restaurants (no more endless browsing)

☐ **Exercise:** Set workout schedule with predetermined activities for each day

☐ **Email Management:** Templates for common responses, set times for checking email

☐ **Financial Decisions:** Automatic savings, investment rules, spending limits

☐ **Social Plans:** Default responses for invitations, regular friend meetup schedules

Which automation will have the biggest impact on your daily mental energy?

Choose 1-2 areas to focus on first...



Ready-to-Use Decision Templates

Project Priority Matrix

Quickly prioritize tasks using impact vs. effort analysis

*High Impact + Low Effort = Do First /
High Impact + High Effort = Schedule /
Low Impact = Delegate/Delete*

Yes/No Decision Filter

Three questions to filter opportunities and requests

1. Does this align with my goals? 2. Do I have the bandwidth? 3. Will I regret not trying? All yes = proceed

Purchase Decision Framework

Eliminate impulse buying and buyer's remorse

Under \$50: Buy if needed / \$50-200: Wait 24 hours / Over \$200: Wait 1 week + research alternatives

Meeting Decision Tree

Automatically determine meeting necessity

Can be solved via email? Send email / Need input from >3 people? Schedule meeting / Just me? Block focus time

Social Invitation Response

Consistent criteria for social commitments

Aligns with values + Have energy + Adds joy = Yes / Missing 2+ criteria = Polite decline with alternative

Career Opportunity Evaluator

Systematic approach to big decisions

Growth potential + Culture fit + Financial improvement + Life impact = Score each 1-10, need 32+ to proceed

Decision Energy Management Plan

Create a personalized plan for when and how you'll make different types of decisions based on your energy levels.

When is your peak decision-making time? (When do you feel mentally sharpest?)

- ☐ Early morning (6-9am) ☐ Mid-morning (9am-12pm) ☐ Early afternoon (12-3pm) ☐ Late afternoon (3-6pm)
- ☐ Evening (6-9pm)

HIGH ENERGY DECISIONS: What important decisions will you make during peak hours?

Career moves, financial planning, strategic business decisions, major purchases, relationship discussions...

LOW ENERGY DECISIONS: What routine decisions will you automate or make during low-energy times?

What to wear, what to eat, email responses, scheduling, minor purchases...

DECISION PARKING LOT: Create a list of non-urgent decisions you'll batch process weekly:

Home improvements, software subscriptions, social events, hobby activities...

What will you do when you feel decision fatigue setting in?

- ☐ Take a 10-minute walk ☐ Eat a healthy snack ☐ Postpone non-urgent decisions

☐ Use a decision template

☐ Ask for input from
someone I trust

☐ Set a timer and decide
quickly

Your 30-Day Decision Fatigue Elimination Plan:

Week 1: Automate morning routine and meals. Week 2: Create work priority templates. Week 3: Batch schedule all non-urgent decisions. Week 4: Evaluate and refine systems.



Weekly Decision Review

Use this weekly check-in to track your progress and refine your decision-making systems.

This week, what decisions took the most mental energy?

Identify the energy-draining decisions that need automation or templates...

What decisions did you successfully automate or simplify?

Celebrate your wins and note what worked well...

Where did you notice decision fatigue affecting your choices?

Late-day poor food choices, procrastination on important tasks, saying yes when you meant no...

What's one new decision you can automate next week?

Focus on one specific area for improvement...

How has reducing decision fatigue impacted your energy and productivity?

Track the positive changes you're experiencing...



You're Ready to Reclaim Your Mental Energy!

Decision fatigue is one of the most overlooked productivity killers, but now you have the knowledge and tools to eliminate it. By implementing the DECIDE framework and using these worksheets, you'll preserve your mental energy for the decisions that truly matter.

Ready to customize this approach for your unique situation? I'd love to offer you a complimentary **Decision Clarity Strategy Session** where we'll identify your biggest decision drains and create a personalized automation plan that works with your lifestyle.



Book My FREE Strategy Session

Stop wasting mental energy on decisions that don't matter

From decision overwhelm to effortless clarity

