



Decision Fatigue Cheat Sheet

There are 5 quintillion bytes of information created every single day and 90% of all the information in the world has been created in the last two years. The vast majority of us are suffering from a lack of balance brought on by decision fatigue.

In decision making and psychology, decision fatigue refers to the deteriorating quality of decisions made by an individual after a long session of decision making. It is now understood as one of the causes of irrational trade-offs in decision making.

You start your day with your goals in mind that includes decision – action – decision – action – decision. While all this is going on, your mind's RAM memory is getting filled up with more and more information.

RAM (pronounced ramm) is an acronym for random access memory, a type of computer memory that can be accessed randomly; that is, any byte of memory can be accessed without touching the preceding bytes. RAM is found in servers, PCs, tablets, smartphones and other devices, such as printers.

As your mind's RAM fills up, your ability for decision – action – decision switches to; I've got to do this, I've got to do this, I've got to do this, because your mind's RAM memory is full; there is no room for decisions, actions, new information; only overwhelm which leads to an absence of balance.

You are an infinite being and you are not your mind or your body. It is essential that you, your being, your soul, take the following 4 steps to prevent decision fatigue:

1. Breathe – When my mind gets carried away with overthinking that leads to decision fatigue, I concentrate on my breath. I deep breathe through my nostrils filling up my chest/belly, breathing in for a count of 10, hold my breath for a count of 20 and then exhale through my mouth for a count of 5. I do this 5 to 10 times. I then switch to breathing in for a count of 4 and exhaling for a count of 4. This moves my overthinking mind into my heart. It oxygenates my body and mind and gives my mind something to think about, slowing my overthinking and putting my mind and body back into balance.
2. Space – The more I remember to Breathe, the more Space I create. Space is required within my mind to discern between; a project that requires 20-minute time blocks, a task/todo that can be done in 2 minutes or less or idea, that requires no immediate action, other than referring it back to a project time block. Remember to ask yourself; What can I delegate and what can I quit?

3. Breath and Space combine to create an extraordinary amount of extra time in the absence of overthinking and decision fatigue. Make sure you check out *The 7 Time Bandits That Financial Services Professionals Must Defeat To Create More Balance, Space, Time And Income*.
4. Rest – With 5 quintillion bytes of information created every single day, 90% of all the information in the world created in the last two years, and the vast majority of us suffering from decision fatigue, most of us need one to two hours of extra Rest and Sleep per day. Turn your smartphone and TV off two hours before bedtime; your mind and body will thank you for it.

Copyright © 2019 Leading Advisor Inc. or its affiliates. All Rights Reserved.
For individual use only. Any further reproduction and distribution without written permission is prohibited.
1-877-250-248-6012 www.leadingadvisor.com