

Suggestions for increasing decision-making hitpoints.

Every decision uses up a little of your energy. Spend it wisely and save the best of it for the decisions that matter.

1

Make fewer decisions

The fewer decisions you make, the slower you'll hit decision fatigue. Avoid making unnecessary decisions, especially right before a major decision.

2

Limit your choices

The more elements you need to evaluate during a decision, the more taxing it becomes. Keep your options simple and reduce them whenever possible.

3

Use decision rules

Avoid detailed analysis for every decision. Use rules of thumb or rules you've defined in advance to make your decision.

4

Create habits

Habits allow you to automate a decision so you avoid spending energy on it. Make your decision once, then create a habit to avoid making it repeatedly.

5

Make important decisions first

Order your decisions from most important to least important. Spend your limited reserves on the decisions that matter most. That way, if you do hit decision fatigue, it'll have less impact.

6

Eat

Decision reserves get replenished when glucose levels rise. Make sure to eat before major decisions to avoid low glucose levels. For a last-minute decision, consider eating a sugary snack right before your decision.