


Work Wise

Boosting Productivity in Today's Driven-Demanding and Distracting Workplace


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Decision Fatigue

When we start doing dumb stuff because our brain becomes overwhelmed due to all the distractions and micro-decisions we are forced to make to navigate through everyday tasks and routines.



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Sources

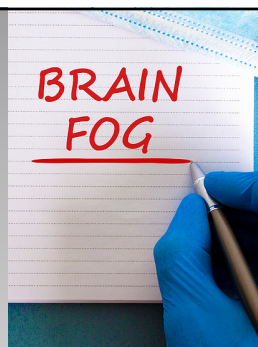
Symptoms

Solutions

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Blood Glucose

Blood sugar, or glucose, is the main sugar found in your blood. It comes from the foods you eat and is your body's main source of energy. Your blood carries glucose to all of your body's cells to use for energy. The brain consumes roughly 20% of all blood glucose.



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Every decision you choose to make or are forced to make, consumes a certain amount of blood sugar.



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What you don't do is as important as what you do.



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You can't bank blood sugar! Consuming a venti-triple-shot-upside-down caramel-macchiato with extra whip first thing every morning will not work, because the pancreas releases insulin and glucagon into your body to regulate blood sugar.

Eating **wisely** and in **moderation** is a key habit of mind of the best decision-makers.

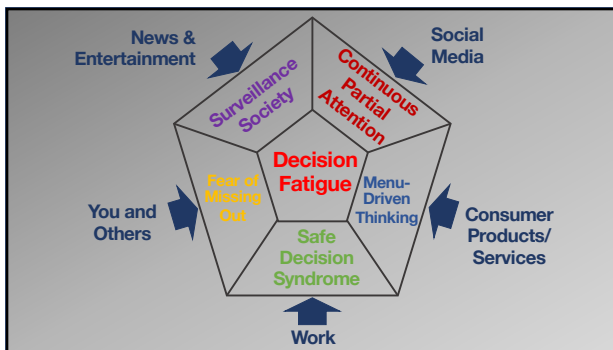


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disorder
↓
discomfort




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What is your biggest take-away from the past 15 minutes?


How can you put it to work to manage your periods of decision fatigue?



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Insight #1
Conduct an initial decision cleanse.


- Eliminate
- Delegate
- Automate



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What is one decision or kind of decision you should be:

- Eliminating?
- Delegating?
- Automating?



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Insight #2

Get comfortable with
being uncomfortable.



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**Becoming comfortable with
being uncomfortable . . .**

1. Acknowledge the discomfort.
2. Determine what success "looks like."
3. Anticipate and prepare for possible outcomes.

Rehearse!



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**Preparation reduces
uncertainty.**

**Uncertainty is the
genesis of discomfort.**



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**Consider a decision you will have
to make in the next few days.**

Ask yourself, "What will
success look like?"

*Remember - The clearer the vision,
the better the chance for a
successful outcome.*

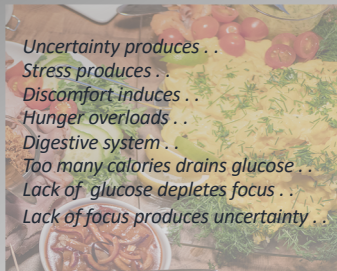


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Insight #3

**Consider your
diet and exercise.**

Uncertainty produces . . .
Stress produces . . .
Discomfort induces . . .
Hunger overloads . . .
Digestive system . . .
Too many calories drains glucose . . .
Lack of glucose depletes focus . . .
Lack of focus produces uncertainty . . .



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Insight #4

**Begin your day in a
sustainable way.**

*To what do you turn
for inspiration?
What kind of routine
will serve you best?*



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Insight #5

Ask, “Who are the best decision-makers I know?”

“What do they do that I should be doing?”

“What are they not doing that I should not be doing?”



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Insight #6

Define and leverage your most productive times.

Plan mindless tasks for low-energy parts of your day.



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Insight #7

Eliminate your

APPOplexy



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Insight #8

Chunk your time.



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Insight #9

Manage others' requests assertively.

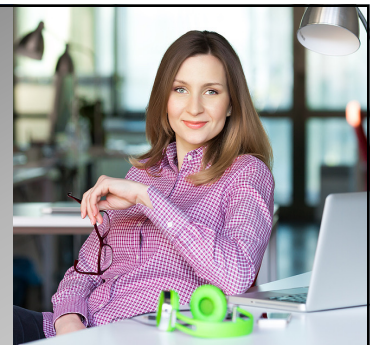
“Sure, I’d be happy to consider it. What would I be doing?”



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Once again . . .

MAKE FEWER DECISIONS!



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What is your biggest
take-away from the
past 40 minutes?
How can you put it to work
to avoid decision fatigue?



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SO ...

When you're up to your neck with decisions to make and your glucose is draining away, Your brain will work harder if you eat better food and your energy will continue all day.

Discomfort is natural when you're making decisions and afraid of committing a blunder. If you don't prepare well and rehearse what you plan, the outcome may be a big bummer.

When you're buried in choices as you search on the web and think you can't take anymore, Remember to focus on that which you seek or you'll succumb to distractions galore.

Opt-ins and opt-outs drive us all crazy. The same with the passwords and pins. Reduce all the apps. Make fewer decisions and your life will end up with more grins.



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