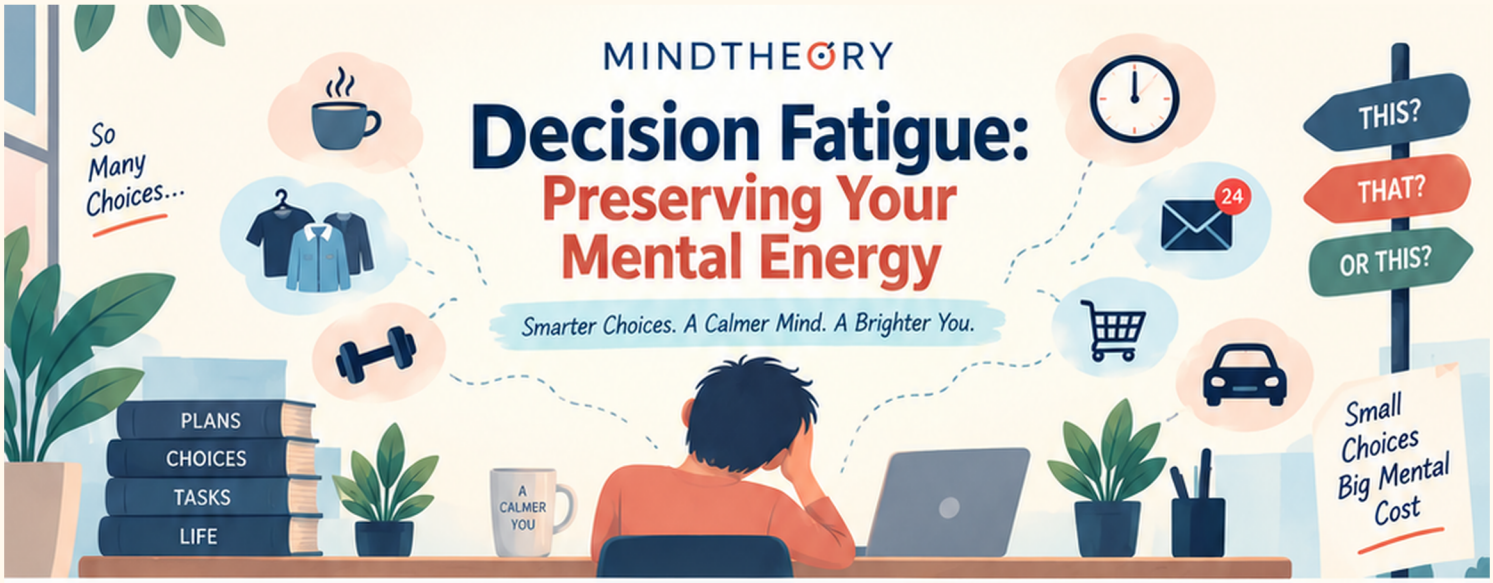
MINDTHEORY

Decision Fatigue: Preserving Your Mental Energy

Smarter Choices. A Calmer Mind. A Brighter You.



1 The Science: Ego Depletion

Your mental energy is a limited resource.



Every decision, big or small, uses mental energy. Over time, this leads to decision fatigue — a state of reduced self-control, poorer judgment, and mental exhaustion.

It's not that you make worse decisions you just have less mental energy left.

Everyday Choices Add Up

What to eat? · What to wear? · Where to go? · What to reply? · What to buy?

Individually small, collectively exhausting.

2 The Two Outcomes

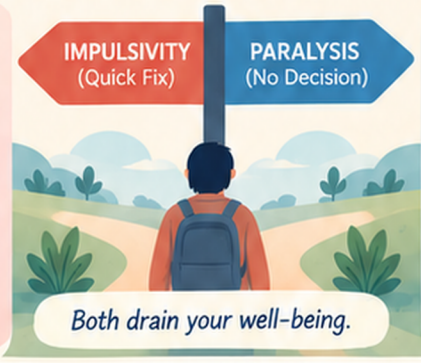
When your mental energy is low, you're more likely to:

Impulsivity

Quick, emotional decisions for immediate relief.



- Saying yes too quickly
- Unhealthy choices
- Short-term thinking
- Regret later



Both drain your well-being.

Paralysis

Difficulty making even simple decisions.



- Overthinking
- Procrastination
- Feeling stuck
- Increased anxiety

3 3-Step Action Plan

Conserve your mental energy for what truly matters.

Less Decision Fatigue More Life

1 Automate What You Can

Remove repetitive decisions from your day.

- Build routines
- Simplify your wardrobe
- Use templates (meals, workouts, etc.)
- Set up auto-payments

Fewer choices. More mental space.

2 Front-Load Important Decisions

Make your most important decisions when your mental energy is highest.

- Do complex work earlier in the day
- Tackle BIG decisions first
- Save low-stakes choices for later
- Protect your mornings

Use your peak energy wisely.

3 Set Rules & Boundaries

Create clear guidelines to reduce decision load.

- Have personal "rules" (e.g. no phone in the first hour)
- Set default options
- Limit your options
- Learn to say no

A simpler life leads to a calmer mind.