

Level Up

GUIDE

DECISION
DEPLETION
W/JOHN BARRETT



SESSION SUMMARY:

Decision depletion significantly impacts our ability to make quality choices throughout the day, affecting everything from personal health decisions to crucial leadership choices. Just as a battery drains with use, our mental energy for decision-making gradually depletes as we face countless choices. This natural phenomenon explains why many people start their day making strong, disciplined choices but may struggle with willpower by evening. Understanding this pattern is essential for effective leadership and personal success. Leaders can combat decision depletion through strategic approaches such as identifying and utilizing peak decision-making hours, creating energy renewal points, and implementing systems to reduce their daily decision load. Successful leaders like Steve Jobs and Mark Zuckerberg demonstrated this principle by simplifying routine decisions, such as their daily wardrobe choices, to preserve mental energy for more important matters. By focusing on delegation, creating pre-decisions, and establishing routines, leaders can ensure that their most critical decisions receive their best mental energy and attention.

GROUP QUESTIONS:

- How do you notice your decision-making ability changing throughout your typical day?
- What are some signs that tell you you're experiencing decision fatigue?
- How do you currently prioritize important decisions in your daily schedule?
- What strategies do you use to replenish your energy during the day?
- In what ways could you reduce the number of decisions you make daily?
- How might pre-making decisions the night before improve your leadership effectiveness?
- What decisions are you currently making that could be delegated to others?
- How does your energy influence your decision-making process?

APPLICATION:

This week, identify three regular decisions you make that could either be pre-decided or delegated to others. Create a plan to implement these changes and observe how it affects your energy levels and decision-making quality throughout the day.