

THE ZUCKERBERG APPROACH

Reduce Decision Fatigue

EXERCISE 02

Step 1: Identify Clothing Options

Identify outfits that are safe/comfy, smart/casual, or "go-to". Pick your rotation.

- Combo A (Safe, Comfy)
- Combo B (Smart/Casual)
- Combo C (Go-to Favourite)
- Other: _____

Step 2: Batch-Plan Breakfast & Lunch

 This week's breakfast: _____

 This week's lunch: _____

Step 3: Create a Launchpad

THINGS ALWAYS AT THE READY

- Bag packed night before
- Keys + wallet by door
- Meds by kettle/fridge
- Other: _____

Step 4: Automate a Cue

TRIGGERS FOR ACTION

- Alarm label (e.g. "Shoes on")
- Sticky note on fridge
- Smart speaker reminder

“***By deciding once, you can save dozens of micro-decisions later.***”