

MOMENTS THAT CAN INTENSIFY

DECISION FATIGUE



THE LAST STRAW MAY BE
SMALL. THE LOAD UNDERNEATH
MAY NOT BE.

1

Too many similar options

2

**Every choice feels
important**

3

No clear criteria

4

Repeated small decisions

5

**Fear of regretting the
choice**

6

Choosing while tired

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER