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6 ways to make better decisions

1. Good decisions require effort, not genius

- a. In fact, the smartest people often make terrible decisions!
- b. That's because great choices come from using a disciplined process, not scoring high on an IQ test.

2. Avoid either-or choices

- a. It's easy to think that decisions are binary: Do you want to learn the violin or not?
- b. In reality, you have tons of different options! You could learn to play the violin, beatbox, or write musicals.
- c. Explore all possibilities.

3. List 20 options

- a. Our brains can only hold so much. Putting ideas on paper helps lower anxiety.
- b. Once you list all the obvious solutions, keep going!
- c. You will be surprised to see what new options you discover.

4. Identify one-way doors

- a. @Jeff Bezos calls irreversible decisions "one way doors." Once you go through, you can't come back.
- b. Which decisions on your list are unchangeable?
- c. Modify these options to make them less permanent.

5. Run experiments

- a. We often get stuck going around in circles in our heads.
- b. To break this cycle, run an experiment!
- c. How can we try out one of the options?
- d. You'll gain a fresh perspective from real-world data.

6. Make mistakes

- a. It's tempting to always make safe choices, but we learn from bad choices.
- b. After all, the best way to avoid catastrophic failure is to make lots of small failures.