IIT ROORKEE

NPTEL ONLINE CERTIFICATION COURSE

LECTURE -11

DECISION MAKING

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- Use of habits helps in reducing routine decision making fatigue.
- If/then thinking smoothens unpredictable decisions.
- Do not over complicate the process.
- Balance of mind and clear thinking are crucial.

- Know yourself and understand your choices.
- Get clear on what you really want.
- Never be afraid of a wrong decision.
- Remember action always works in your favour while inaction never does.

- Try to be decisive. You know who you are.
- Try 30 second rule for making quick decisions.
- Never delay the decision making process.
- Approach the thought from different perspectives.

- If a decision gives you anxiety, try to understand the source of your fear.
- Sharing your concerns with friends or family helps in cutting anxiety.
- One should say calm and poised.
- Deep breathing exercises relaxes the mind.
- It impacts our ability to make better decisions.