

# decision fatigue

optimizing for the stuff that matters

(aka why I always wear solid color crew necks t-shirts)

mild tangent: set up emoji  
autocomplete on OS X



Keyboard

Search

Keyboard Text Shortcuts Input Sources

Replace	With
:100	
:alert	
:ashrug	¯\_ (awesome) \_ /
:beer	
:bh	
:blessed	#blessed
:clap	
:crowd	
:cry	
:cute	
:dh	
:flip	
:flushed	
:hai	
:hearte	
:heyuup	u  ?

+ -

Correct spelling automatically

Spelling:  
Automatic by Language

Use smart quotes and dashes  
for Double Quotes "abc"  
for Single Quotes 'abc'

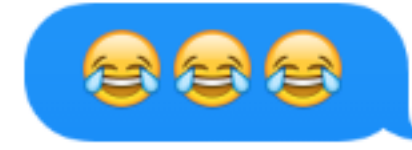
?





To: Nick Kuzmick

[Details](#)



Delivered

:heyuup|



👋 u 🙌 ? ✕

this slide is LIT :lit



anyway... 

what is decision fatigue?



# decision fatigue

Decision fatigue refers to the deteriorating quality of decisions made by an individual, after a long session of decision making

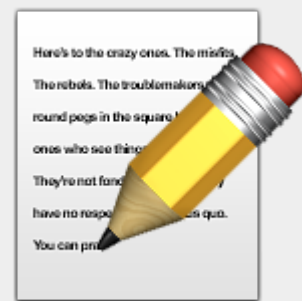
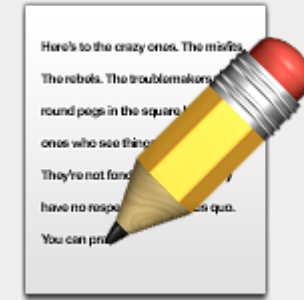




how many choices do you  
make on a daily basis?



zzz



so how many?

grand total...





**Niels Simenon**, avid observer

18k Views

Originally Answered: How many decisions does an adult make every day?

It's nearly impossible to give a discrete answer. Your brain makes dozens of boolean decisions every single second through chemical reactions. Of the 400 billion bits of information per second that reach the brain, only 2,000 bits are utilized and make us aware of our surroundings.

Based on this are impulsive and logic thinking, where more complex decisions are made. According to multiple sources on the Internet, the average amount of remotely conscious decisions an adult makes each day equals about 35,000. In contrast, young children only make about 3,000 decisions each day.

\*some dude on quora

# At least 200 on food alone

“The aggregated number of food-related decisions for these three individuals ... was 217, 283, and 221, respectively.”



\*two professor dudes from Cornell doing a legit study  
Wansink, B. & Sobal, J. (2007). Mindless eating: The 200  
daily food decisions we overlook. Environment and Behavior

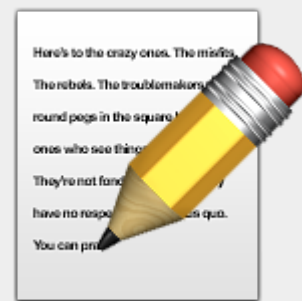
yikes



... deteriorating quality of decisions made by  
an individual, after a long session of  
decision making ...

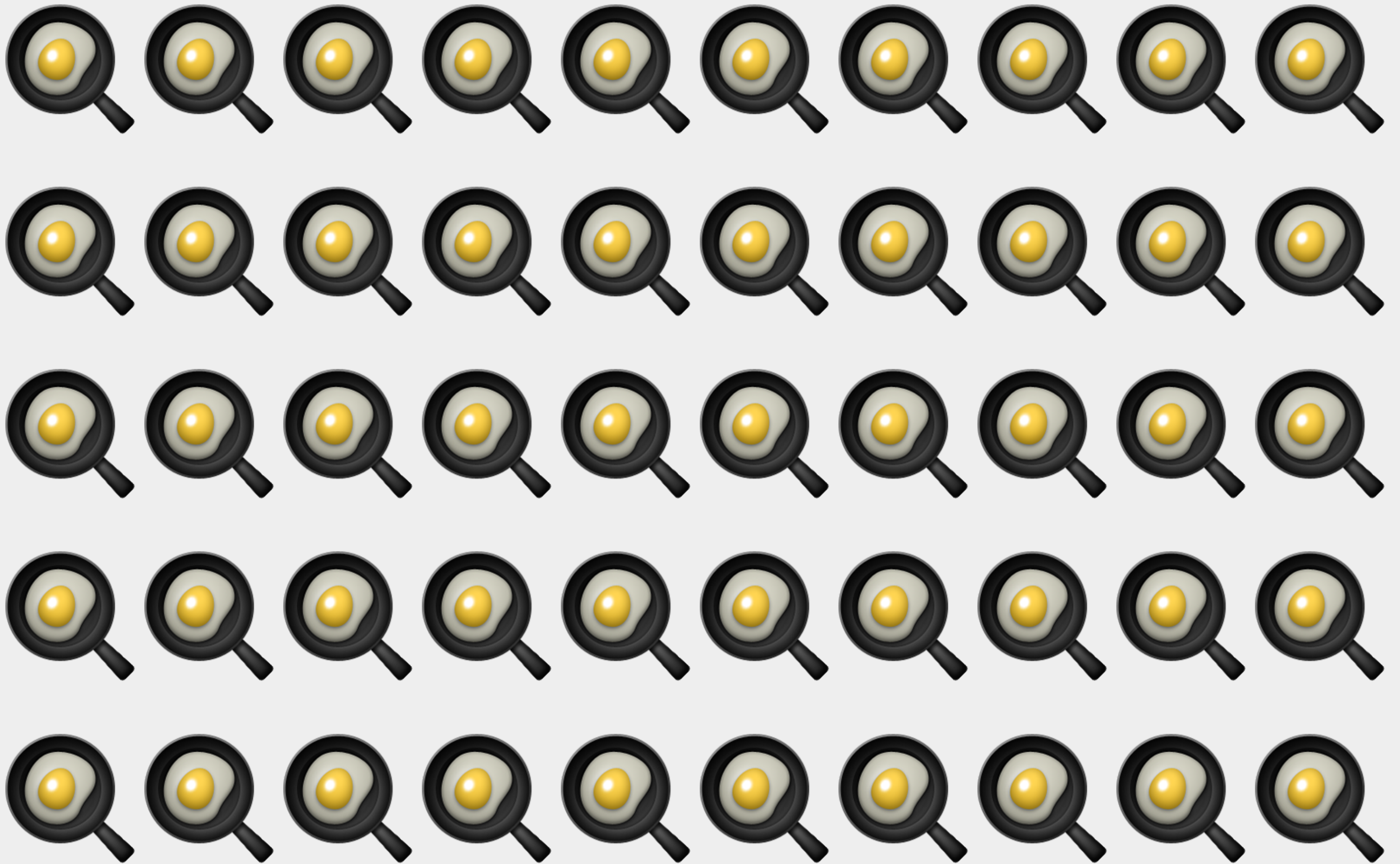


zzz















find something you like and stick with it,  
experiment with spices and sauces!

buy in bulk


prepare a week's worth of food sunday  
evening and package individually

soylent? lol

Ch Crock Pot Chili Recipe - Ch x Pizza

www.chowhound.com/recipes/spicy-slow-cooker-beef-chili-30669

Ch Search GAME DAY ARTICLES PHOTOS RECIPES LATEST BROWSE SIG



# Easy Slow Cooker Chili

6 servings | Easy | ★★★★★ (234) | Total: 45 mins, plus 6 to 8 hrs in the slow cooker Active: 45

## INGREDIENTS (15)

**For the chili:**

- 3 tablespoons vegetable oil

## SUMMARY

Ah, the crockpot, our favorite appliance for patient no-stress flavor-





throw out or donate clothes that don't fit or you won't wear

stay away from seasonal items, use layers for warmth

pick solid neutral colors, they'll match everything

write a review



SAVE | SHARE

# MEN SUPIMA COTTON CREW NECK SHORT SLEEVE T- SHIRT

SKU# 164179-69-002-000



WRITE THE FIRST REVIEW

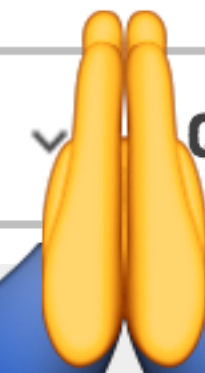
\$12.90

COLOR: 69 NAVY



 SIZE CHART

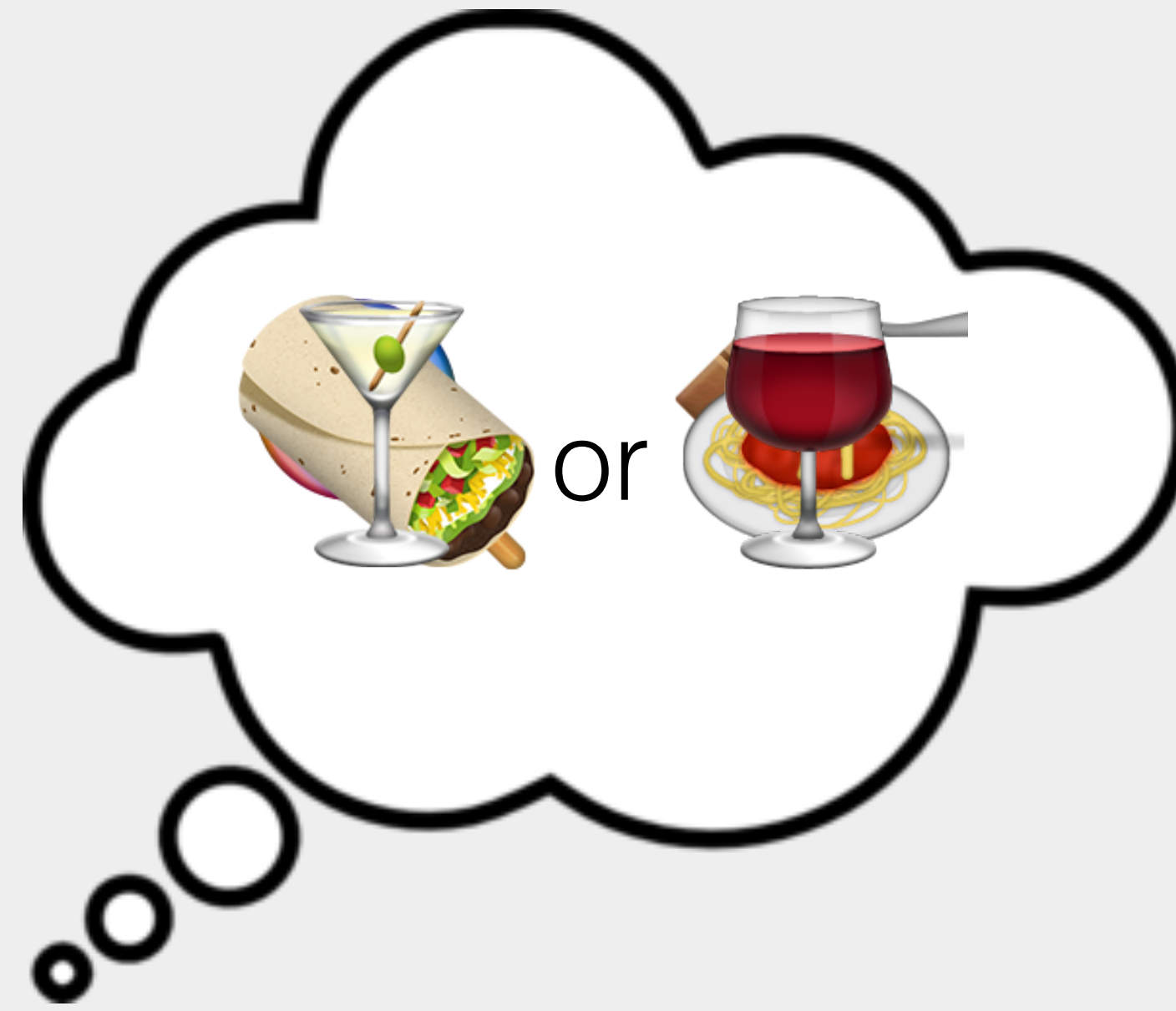
SIZE: XS



QTY: 12

by optimizing boring decisions that we have to make every day, we can save our mental energy for decisions that really matter







**Mark Zuckerberg**   feeling undecided.

January 25 at 12:08pm · Palo Alto, CA · 



First day back after paternity leave. What should I wear?



thanks

