



Personality Development - Small Exercises to improve decision making skills :

- ❖ The 5-3-1 Technique: For small choices (e.g., lunch), pick 5 options, narrow it down to 3 in one minute, and pick the final option within 30 seconds
- ❖ Time-Boxed Decision Making: Set a timer for 1–2 minutes to make low-impact decisions (e.g., what to wear). This prevents overthinking and builds speed
- ❖ Pros/Cons/Interesting (PCI) List: For complex decisions, spend 5 minutes listing not just pros and cons, but also "interesting" aspects that don't fit into either category to gain a fuller picture
- ❖ Visualize the Outcome: Spend 2 minutes mentally rehearsing the outcomes of a decision. Imagine the potential consequences of each option to feel more confident in the final choice
- ❖ The 10/10/10 Rule: Think about how you will feel about a decision in 10 minutes, 10 months, and 10 years to gain perspective
- ❖ Debrief Past Choices: Once a week, reflect on a decision made (good or bad) and analyze what information was missing, what influenced you, and what you learned
- ❖ Seek Conflicting Views: Actively ask one person with a different perspective for their opinion before making a significant choice to avoid confirmation bias