

EPISODE: 567

TITLE: How Decision Fatigue Steals Your Capacity & Joy

If you've ever wondered why you have not had success with certain things you hoped to get done, it could be related to decision fatigue. Instead of hoping each day that you'll make the right decision (get up early for the gym, write that book, call your parents more often, etc.) here are three key things to change this for you:

1. **Plan out routine decisions the night before.** Routines and normal stuff we all have to do can be planned out (and calendared) in advance. What am I going to eat for breakfast or lunch? Will I run this chore before or after work? What bills do I have to pay each month that can be automated? All of this can save valuable willpower that can be used for more important decisions throughout your day.
2. **Block your time and calendar important things.** Make a commitment to important projects, phone calls, tasks, *and* yourself by putting them into your calendar. Most of us place loads of important things in our calendars and they become immovable. But when it comes to personal things, we often dream more than commit to those things. Try this!
3. **Do the most important things earlier in your day.** What are the most important things you have to do tomorrow? Do you know what they are? Plan to do them first thing in the morning if at all possible. Some of our well-worn patterns in all of this may take time to change. But a few tweaks to your intention and rhythms can help reduce decision fatigue in your life and have a pretty powerful effect on your joy, effectiveness, and others' perceptions of you.

None of us are created with unlimited resources. But we do have a God who *is* unlimited and knows every task, conversation, or decision we will need to make each day. Ask God to guide you as you make changes to your schedule and reduce the fatigue that comes from poorly managed decisions.

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👉 If you are interested in being coached by Caesar and his wife Tina in a lifestyle of discipleship and mission, let us tell you more about it. Start experiencing greater spiritual freedom and relational peace today!

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Thanks for listening... we'll see you in the next episode!

~Caesar