



The “Decide Once” Rule Framework

When something repeats, stop thinking about it repeatedly.

Spot The Loop

What decision do you keep making every day or week?

Create a Default

Pick a time, rule, or simple standard.

Schedule or Automate It

If it's recurring, it shouldn't rely on memory.

Stop Re-opening The Decision

No renegotiating unless something truly changes.

Goal:

Save mental energy for decisions that actually matter.
