



# The Frictionless Decision Framework

The problem isn't always the number of decisions you make.  
Sometimes it's the number of decisions you keep reopening.

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## Reduce Repeat Decisions

If you make the same decision every day,  
ask whether it really needs to remain a decision.

## Create Reliable Defaults

Simple meals, familiar clothes and consistent routines remove unnecessary  
mental effort without making life feel restrictive.

## Protect Your Mental Energy

Save your best thinking for conversations, relationships, creative work and  
decisions that genuinely deserve it.

## Leave Space For What Matters

The goal isn't to automate your life.  
It's to reduce everyday friction so you have more attention available for the  
people and moments that make life meaningful.

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