# 1.What Is Resource Management?

Resource management is the practice of planning, scheduling, and allocating resource to a project or program to achieve the greatest organizational value.

Resources are finances, staff, physical space, equipment, technology, and time.

The goal of resource management is to use the best combination of resources to satisfy requirements while also realizing these same resources are likely in demand elsewhere in the business.

You must consider schedules, budgets, and alignment with corporate strategy to make sure you are taking priority resources across the portfolio to maximize its value.

# 2.What is analysis paralysis?

Analysis paralysis can be a difficult challenge to overcome, especially when making an important decision.

Analysis paralysis is an inability to make a decision due to over-thinking a problem.

If your options seem equally helpful to you, it can be a challenge to decide which option is the best.

An individual or a group can have too much data. As a result, there is a lack of ability to make decisions and constant debate over the benefits and drawbacks of each option.

In a state of analysis paralysis, we might feel Anxiety, Fatigue, Loss of sleep, Inability to focus, Lack of productivity.

# Examples of Analysis Paralysis

Perhaps the most famous example of analysis paralysis in action is described in a report on a consumer psychology experiment known as the Jam Study.

One day, market researchers stocked a market's shelves with 24 varieties of jam and invited shoppers to sample one or more and then choose one to buy.

The next day, only six varieties were stocked. The study found that consumers were 10 times more likely to purchase jam if they were presented with only six varieties instead of 24.

The same phenomenon has been replicated by studies involving chocolate, financial investments, and speed dating.

# tips to overcome analysis paralysis

## Clarify your goal

It's commonly stated that you can't get where you're going if you don't know your destination.

Sometimes, we have a unclear idea of what we are trying to achieve and try to reach a decision based on that. Instead, you should clarify your goal and reduce it to something that is more easily quantified and analyzed.

## Treat your decision-making process like a to-do list

To-do lists are great for productivity. They encourage us to do the tasks on the list so we may check them all off and experience the pleasant feeling of success.

By treating the decisions you make like a to-do list, you'll find yourself bringing in a little extra motivation to help you power through the struggles and make a decision.