

Being Bad at Decisions

And What to Do About It

I like to say that I'm bad at making decisions

But that isn't exactly true

- I can be a good leader
- I can take a strong stand
- I can make decent plans
- I can sometimes declare what I'd like to have for dinner

And yet there have been times when making decisions has been REALLY hard for me



Mushin

an empty or clear mind; a mind not fixed on anything and open to everything





PRINCIPLES
RAY DALIO



monstrous life stressors

**A Recipe for Decision Making
Paralysis :: Fear**

Fear Setting

An operating system for thriving in high stress environments



Just Google: Tim Ferriss TED Talk <https://youtu.be/5J6jAC6XxAI>

Tim Ferriss: Classic Fear Setting

Page 1: 3 Lists

- Define :: What are the worst things that could happen
- Prevent :: How could I prevent each of these things from happening
- Repair :: If the worst thing does happen, how could I fix it

Page 2: List the possible benefits of being successful or partially successful

Page 3: List the costs of inaction (6 months, 1 year, 3 years)

Fear Setting: Solutions Engineering Dream Job

WORST THING	PREVENT	REPAIR
They discover I know much less about systems administration than they think I know	Review and journal about what you know	Thank them and promise to keep learning
I'll feel like a failure if I don't get the job	Remember that you're still early in your career and you've done cool things	Fight back against the shame - contribute even more to the community
The other solutions engineers don't enjoy working with you	Start with the ones that do - Edgar likes you	Go slow, learn before speaking, don't force friendship

“Easy choices, hard life. Hard choices, easy life.” ~ Jerzy Gregorek