

Is Decision Fatigue Causing Your Burnout?



Decision fatigue has been found to be a significant contributor to burnout. Want to know how it affects you? Answer the 15 questions below by circling one of the four options. Then tally up your score at the bottom. Always = 1 pt Often = 2 pts Sometimes = 3 pts Rarely = 4 pts
Get an interpretation of your results on the next page.

Do you feel overwhelmed when trying select a movie on Netflix?

Always Often Sometimes Rarely

Do you get tired of making everyday decisions?

Always Often Sometimes Rarely

Do you experience the fear of missing out when you don't have access to social media?

Always Often Sometimes Rarely

Are you more hesitant to make decisions of consequence than you were a few years ago?

Always Often Sometimes Rarely

Do you experience times in the day when curling up for a nap sounds like a good idea?

Always Often Sometimes Rarely

Do you let salespeople talk you into something you don't need?

Always Often Sometimes Rarely

Do you give in when you shouldn't because you're tired of thinking?

Always Often Sometimes Rarely

Do you find yourself stalling on decisions because you're unsure of the outcome?

Always Often Sometimes Rarely

Do you feel like you're busy but not effective?

Always Often Sometimes Rarely

Do you catch yourself staring at the screen not being able to spell common words?

Always Often Sometimes Rarely

Do you call people and not remember why when they pick up?

Always Often Sometimes Rarely

Do you draw a complete blank on a colleagues' names when you see them?

Always Often Sometimes Rarely

Do you get caught zoning out in meetings YOU are running?

Always Often Sometimes Rarely

Do you walk into the grocery store and not remember what you went in for?

Always Often Sometimes Rarely

Do you spray your hair with deodorant or apply hairspray to your underarms by accident?

Always Often Sometimes Rarely

(continued on the other side)

Do you forget your kids' names in front of friends and neighbors?

Always

Often

Sometimes

Rarely

Total score: _____

51 – 60

Congratulations. Compared to pretty much everyone, you appear to sail through life without being impacted by decision fatigue. Everything indicates you are on top of your game every waking moment of the day. The best decision makers in the world could take lessons from you. Please pass this assessment along to someone who can really use it.

45 – 59

For the most part, decision fatigue does not play a role in your life. There are times, however, when you succumb to the distractions that seem to surround us all the time. You're probably looking for ways to sharpen the edge of your energy and focus. Understand that the three major attributes associated with managing decision fatigue are control over your impulses, making fewer decisions and managing your physical energy. Embracing the psychology behind all this is the key to success.

30 – 44

Okay, decision fatigue plays a role in your life, but you're working to overcome it. That's a good start. A lot of your problem probably centers around impulse control. That jelly donut for breakfast every morning will not launch you into the day. Checking social media every 15 minutes may keep you current with friends, but distract you from performing at a level that will get you ahead. Succumbing to these daily temptations is sapping your energy and focus. Over time, it creates burnout producing stress.

15 – 29

Hmmm. Decision fatigue appears to have you by the tail. Rather than being proactive, you tend to react to every distraction, demand and disruption. You've told yourself that's life. But you know this is not true. You're too concerned about what other people think. In addition, you just hate the idea of adjusting your lifestyle. That would be so awkward and uncomfortable. But you can't keep living this way. We're happy to help. But getting past your reluctance around establishing new habits will be essential to your success.

1 – 14

Let's face it, you're probably too far gone. I'd suggest you get back in bed with quart of rocky road ice cream and your favorite alcoholic beverage. Pull up the covers and immerse yourself in binge television or YouTube. ***We're only kidding!*** There's hope for everyone when dealing with decision fatigue. We all face it from time to time. The best way to start is by working to reduce the number of decisions you make every day. Begin at the margins. Take stock of the little tasks you do out of habit and eliminate the ones that aren't necessary. Find a buddy and ask that person to hold you accountable. That's how the best decision-makers do it. For beginning strategies, check out our YouTube channel at <https://www.youtube.com/@beatingburnoutcourse>

Want immediate help? Enroll in our online, self-paced course ***Beating Burnout***. Go here to enroll for only \$97. <https://commonsenseenterprises.mykajabi.com/beating-burnout>