

Practices to Reduce Decision Fatigue

Purpose

We're reducing decision load, protecting judgment and self-regulation, and aligning choices with our values and context.

How to Use

Choose one concrete decision environment (evening online shopping, late-night snacks, saying yes when we mean no) and work this worksheet fast: name the pattern, add one supportive default, front-load one key choice for tomorrow, and take the smallest next step today. Aim for clarity over complexity and progress over perfection. We're not forcing productivity; we're making decisions less costly and more aligned with our values and energy. One doable action that reduces load is enough for today.

Let this worksheet be a companion you can use on your own—steady attention, clarifying needs, and building momentum—or bring it to a mental health practitioner for added support and accountability.

Working with a therapist, counselor, or coach can deepen the insights you gain here and help translate them into sustainable change. However you use it, focus on completions over perfection and trust that small, present-focused actions add up.

1. Identify Today's Decision Fatigue Pattern

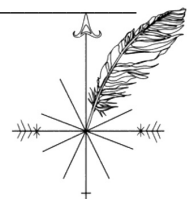
- Where it shows up (check): evening impulse buys late-night snacking saying yes to tasks punting bills/admin stalled work drafts tab overload other: _____
- Typical shortcut (circle): Fast/Easy choice / Avoid/Defer / Default settings
- One example from this week (one sentence): _____

2. Values & Boundaries

- Top 2 values to protect (e.g., health, money, relationships): _____
- Boundary statement (clear and kind): "After __pm, I do not _____."
- One supportive accommodation (fit-to-context): _____

3. Front-Load Important Decisions

- Tomorrow's top 3 choices (morning window): 1) _____ 2) _____
3) _____
- Pre-decide meals or routines (check): meals commute wardrobe exercise
- Schedule a calm window (10–20 min): Date/Time: _____



4. Simplify Defaults

- Default to reduce choices (choose 1–2): “no-commitments after 8pm” rule uniform/wardrobe simplification unsubscribe/auto-renew audit app/site blocks after ___pm pre-set grocery list
- Implementation detail (exact setting or tool): _____

5. Two-Step Rule for Avoidance

- Next action (not the whole plan): _____
- Time-box it (10–20 min): _____
- If fuzzy, set a “good-enough” default: _____

6. Delegate or Democratize

- One decision we can share/hand off: _____
- Who will own it (and guardrails): _____

7. Quick Reset

- Reset option (check): 10–30 min nap 10 min walk 4–6 paced breath quiet pause
- Start time today: _____ Before/after focus (0–10): ___ → ___

8. Leadership Considerations (if applicable)

- Decision tiering (list one): Strategic (we own): _____ / Tactical (co-own): _____ / Operational (others own): _____
- Safeguard (check): checklist time box front-page test morning slot

9. Context Check

- Access costs we carry (time, money, energy, transit, childcare, health, documentation):

- Hidden labor we navigate (bias management, surveillance, micro-decisions): _____
- Safety considerations that change the math: _____
- One structural change we can request/add (accommodation, flexible timing, remote/hybrid, assistive tech, transparent policy):



10. Smallest Next Step (Start Now)

- Action (verb + object + place/time): _____
- Mark completion: [] done

11. Pause & Reflect

- Decision load before/after (0–10): ___ → ___
- What reduced friction: _____
- One default to keep for the next 7 days: _____

Anti-Oppression Note

Decision fatigue is shaped by conditions—systemic discrimination, labor precarity, caregiving, disability, health, immigration status, transit and housing access—that increase daily decision load and access costs. Center dignity, consent, safety, and access. Reduce avoidable decisions with supportive defaults; build accommodations into the system, not as one-off asks; name access costs in planning; share power and include those most affected. One doable step: set a default that removes a nightly decision tax (e.g., “no-commitments after 8pm” or pre-decided meals) and add one accommodation that makes it stick. Real progress is fewer costly choices and more preserved judgment across the day.

About NorthFeather

NorthFeather Coaching provides anti-oppressive, parts-aware coaching and facilitation for growth, resilience, and change.

NorthFeather Solutions is a coaching and consulting practice led by Carrie E. Neal. It focuses on human-centered, anti-oppressive approaches to personal, executive, organizational, and spiritual development. The work emphasizes resilience, nervous-system awareness, and clarity in decision-making, using parts-aware practices (IFS-informed) to help people and teams navigate change with integrity.

Core offerings include 1:1 transformative coaching, classes and group spaces that build emotional intelligence and community, and organizational consulting/facilitation that aligns structures with human needs.

- NorthFeather Coaching: <https://northfeathercoaching.com>
- NorthFeather Organizational Consulting: <https://northfeather.solutions>
- NorthFeather Thoughts (blog): <https://northfeatherthoughts.com>

