

TEAM APPLICATION GUIDE



KEY CONCEPTS

2 Key Challenges Everyone Has To Overcome To Make Better Decisions:

1. Decision Fatigue
 - a. Leverage your green zone to do your most important thinking.
 - b. Avoid making decisions in your red zone.
 - c. Don't let fatigue make your decisions for you.
2. Don't Be The Decision Bottleneck
 - a. If you want to grow, you've got to let go.
 - b. If a team member can do something 80% as well as you, let them take it.

DISCUSSION QUESTIONS

1. Where do you notice decision fatigue happening in your life?
2. What decisions could you make ahead of time or automate?
3. Where do you see decision bottlenecks in your organization?
4. Who could you empower to make more decisions in your place?

APPLICATION STEPS

1. To fight against decision fatigue, conserve your mental energy. Here are a few things you can try:
 - a. Decide what clothes you're going to wear ahead of time.
 - b. Decide what you're going to eat ahead of time. (Eat the same thing for lunch or breakfast every day.)
 - c. Automate your exercise routine ahead of time.

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2. To avoid becoming the decision bottleneck, empower your team.
 - a. Identify 3 decisions that you could pass on to a different leader on your team, and ask if they'd be comfortable making that decision.

3 decisions you could let go of are:

Now find a time to talk to your team about taking these decisions off your plate.