

# Decision making

[Business, Management](#)



Decision-making Video Make the Right Choice: Three Steps to Effective Decision Making (<https://www.youtube.com/watch?v=GLFnfqgkIxM>)

The narrator suggests three steps to effective decision making; which are listed below:

Understanding causality- this entails problem identification, which sets the foundation for an individual as they attempt to identify the solutions by sorting through the various options ahead of them.

Improving forecast- the narrator suggests the use of the “ inside v. outsider view”, which allows an individual to weigh all the options, both favorable and unfavorable options. He stresses on the importance of an outside perspective, which offers a more objective outlook compared to the inside view.

Sorting relevance- the narrator infers that it is important to sort through new information and integrating it with one’s point of view. In this step, one should be wary of confirmation bias, which makes one ignore incoming information because they have already decided what is best.

Video 2: Decision Making Skills: 5 Decision Making Tools (<https://www.youtube.com/watch?v=CLKvmAaGD8k>)

The narrator states that dilemmas might make it hard to make decisions, as one might find themselves stuck in cyclical indecisiveness. External and internal pressure might cause one to resort to the following: make impulsive decision or delay or avoid decision-making process. The narrator outlines the following decision making skills, which help ease the decision making process:

Write a pro and con list- this will help one compare the pros and cons of

different alternatives

Connecting with one's inner wisdom- this will help one prevent instant gratification that only satisfy short-term goals.

Ask yourself key questions pertaining to the relevance and outcome of the decision that is to be made.

Reject need of certainty- thinking that all decisions have a right answer causes one to over-analyze each decision

Be satisfied with decision after making it.

Video 3: Baba Shiv: How to Make Better Decisions

(<https://www.youtube.com/watch?v=SS4F1U5FuNM>)

More often than not, decisions originate from instinctual, emotional roots and not rational thoughts.

Neuromodulators such as serotonin play a crucial role in influencing the decisions we make. Therefore, the narrator suggests that it is best to make decisions in the morning compared to making them in the afternoon, as serotonin levels are higher in the morning. Decisions made later in the day are more risk-averse, as one tends to gravitate towards the status-quo bias.

This leads to indecision, as many opt to postpone making the decisions.

Sleep is critical for decision making, as the regulation of neuromodulators occurs during this time.

The narrator concludes by mentioning that exercise and a healthy diet especially a high protein breakfast helps in the decision making process.

Video 4: Decisions Decisions Decisions

(<https://www.youtube.com/watch?v=WmWO3E1kJT4>)

Depending on the nature of the decision, one might choose to make the

decision solely or consult others.

Smaller decisions like those made on a daily basis such as dressing or nutritional needs are often made alone without consultation.

The reverse applies to bigger decisions that have outcomes that are more serious. It is okay for one to change their mind after making a decision.

Video 5: Alan Watts: Making Decisions

(<https://www.youtube.com/watch?v=N4UOvtPcl6I>)

Decisions trigger anxiety within the individual tasked with the decision-making responsibility, as one is constantly evaluating whether they considered all the relevant factors prior to making the decision.

It is easier to make a decision solely compared to making a decision after considering other people's different perspectives. The narrator uses the example of dictatorship and democratic regimes whereby, he claims the latter are plagued with decision-making challenges.

Before making any decision it is important to ask the question; " what do I want?" this prompts one to critically think about what they really want.