

Evaluation:

TRUE FALSE

I wake up stressed, anxious, or overwhelmed most days.

TRUE FALSE

I make most of the decisions in my home.

TRUE FALSE

I make most of the decisions in my work.

TRUE FALSE

I am the one that everyone counts on to decide where to eat or what to do when I go out with friends.

TRUE FALSE

When people ask me to plan for future things, it irritates me.

Identification:

1. Make a list of the reoccurring decisions you have to make each day that stress you out.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2. Make a list of the top 5 people in your life that ask you to make the most decisions.

- 1.
- 2.
- 3.
- 4.
- 5.

10 TIPS TO FIGHT DECISION FATIGUE AND OVER-THINKING

3. Make a list of the top 10 (or less) areas/situations/tasks you know you are most likely to overthink.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

4. How would you feel if nobody asked you to decide anything ever again?
If all decisions were made for you?

5. Rate yourself on a scale of 1-10 on these things:

I can be a perfectionist.



It's important to always be prepared.



I like to know the answer to every question before I'm even asked.



It matters to me that everything I do be done with excellence.



I'm a natural leader.



Notes and Action Steps

Scripture to go to:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

My Action Steps to Fight Decision Fatigue and Overthinking

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____