

How To Make Better Decisions | 3 Quick Tips

A - Watch the video on decision-making and answer the questions.

1 Tick the three tips suggested in the video on how to make better decisions.

( ) Rise up your brain's bandwidth by eliminating small decisions.
( ) Free up your brain's bandwidth by eliminating small decisions.
( ) Give your brain the fuel it needs with the right food.
( ) Give your brain the few it needs with the right food.
( ) Get honest advice from a friend.
( ) Give honest advice to a friend.

2 What decision has Barack Obama removed from his daily life while in office? Why?

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3 How does being hungry affect decision making?

4 Choose the correct statement according to Daniel Kahneman.

( ) An honest friend can give you the best advice because they are not the ones who will make the decision.
( ) A good friend can give you good advice because they are honest.

B - Choose true (T), false (F), or not given (N) according to the information in the video. Explain / correct any false statements.

	T	F	N
1 The decision to wear blue or grey can have a positive impact because these colors convey confidence and professionalism.			
2 If we eliminate the small decisions in life, our minds are more open to focus on the big decisions.			
3 A big decision requires more mental energy than a small one.			
4 When facing a big decision, we tend to pick the option that will have the most positive impact on our lives.			

C - Read the following quotes from the video. Then write the words / phrases in bold from each quote that match each definition below

1 *"When you need to make really important decisions, be **vigilant** about not wasting energy on decisions that aren't going to make a massive difference to your life."*

2 *"Ask the advice of a friend who's not afraid to **drop some truth bombs**, even if it means your feelings get a bit **roughed up**."*

3 *"An **objective** friend can help you identify the best decision because they're not **weighed down** by the fear of what could be lost."*

a _____ - be direct and honest

b _____ - uninfluenced by personal feelings or opinions

c _____ - careful, watchful, or alert

d _____ - strongly influenced or overwhelmed

e _____ -hurt, attacked, or judged

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4 *"Barack Obama removed one decision from his daily life — what to wear. This helped him* ***save bandwidth*** *for the really important choices."*

5 *"If you're very hungry,* ***neurotransmitters*** *can't be produced, compromising your ability to think and make good decisions."*

6 *"Research shows that drinking plenty of water and having a* ***slow-release carbohydrate*** *breakfast like porridge will help you think clearly. Omega-3 is also a brilliant brain food."*

f _____ are chemicals that carry messages or signals throughout the body's nervous system.

g To _____ means to save mental energy or capacity required to deal with a situation.

h _____ are carbohydrates that your body absorbs gradually over time. Other examples include brown rice, spinach, couscous, broccoli, nuts, sweet potatoes.

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