

PART 1

Complete the missing information for each decision-making tip below. (0:22 - 0:28)

TIP 1: bandwidth for more important decisions.

TIP 2: it needs.

TIP 3: from a friend.

PART 2

Discuss/Write short answers according to the information in the video. Then watch the video again to check your answers if necessary.

0:36 **1** What did Barack Obama do when he was in office? Why?

1:25 **2** How can hunger affect our decision-making?

2:00 **3** What kind of food should we eat to help us make better decisions?

2:25 **4** What kind of fear affects our decision-making? How can a friend help with this?

PART 2

Do you agree (**A**), disagree (**D**), or partially (**P**) agree / disagree with each statement below. Explain why.

- A / D / P** I feel that I am vigilant about not wasting energy on small decisions.
- A / D / P** I am not afraid of dropping truth bombs on others when they come to me for advice, even if their feelings get roughed up.
- A / D / P** I have people in my life who give me objective advice when I need to make a big decision.
- A / D / P** Life is just one decision after another.
- A / D / P** Big or small decisions consume the same amount of energy.
- A / D / P** Making good decisions in life is easy.