HOW TO MAKE BETTER DECISIONS | 3 QUICK TIPS

PREVIEW DISCUSSION

What do you think your brain's **bandwidth** refers to? How do you think it might be related to decision-making?

LIVEWORKSHEETS

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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.

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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?

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PART 3 Choose true (**T**), false (**F**), or not given (**N**) according to the information in the video.

1 **T / F / N** Life is just one decision after another.

2 **T / F / N** Big or small decisions consume the same amount of energy.

3 **T / F / N** Making good decisions in life is easy.

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VIEWING FOLLOW-UP

PART 1 Read the following quotes from the video out loud. Then write the **words/phrases** in each quote that match the definitions below.

1 " *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."*

1 to drop some truth bombs = to be direct and honest

2 ..... = uninfluenced by personal feelings

3 ..... = careful, attentive, or alert

4 ..... = strongly influenced or pressured

5 ..... = hurt or negatively affected

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PART 2 Do you agree (**A**), disagree (**D**), or partially (**P**) agree / disagree with each statement below. Explain why.

1 **A / D / P** I feel that I am vigilant about not wasting energy on small decisions.

2 **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.

3 **A / D / P** I have people in my life who give me objective advice when I need to make a big decision.

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PART 3

Imagine the man below is calling a friend to ask for objective advice on a decision. Try to define what each **phrase in bold** means in your own words.

*I'm in a bit of **a tricky situation** with a decision I'm facing. **I'm torn** between keeping my current job or finding a new one. Although I have an attractive salary, the job conditions are very demanding and exhausting. The decision is **taking a toll on** me and I'm having trouble sleeping. **My gut tells me** to leave and find a new job, but I still don't know if that's the right decision. Do you think you could talk about it and help me **gain some clarity**?*

LIVEWORKSHEETS