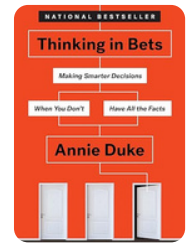


No regret skills: how to make better decisions

Decision-making can help you choose where to focus, feel more confident about the choices you make, and adapt when things change.

Borrowing brilliance from poker player Annie Duke, learning how poker players make decisions can help you improve your own decision-making at work.



Deeper Dive

Four ways to make better decisions

Score your confidence

Putting a confidence score against a decision can help you get clearer on how certain you feel and what you might need to know or do next.

Try: Pick a decision and score your confidence from 0–100%. Then ask: *What would increase my confidence by 10%?*

Find your truth group

Other people can help you challenge your assumptions and spot things in your thinking that you might have missed.

Try: Share a decision with 2–3 critical friends. Explain what you're thinking about it and ask: *"What am I not seeing?"*

Create a decision menu

Not every decision deserves the same amount of thinking. Separating your decisions can help you spend more time on the ones that matter most.

Try: Sort the decisions you're making into routine, considered or strategic.

Compare how much time each one deserves with how much time you're spending on it.

Try some time travel

Imagining a decision has worked out well can help you work backwards and identify what you need to do now.

Try: Pick a decision and imagine yourself in the future, feeling confident it was the right one.

Then work backwards and write down what you would need to do now to get there.

Coach yourself

What could I try to help me make my next decision?

