

How to Optimize Decision and Choice Making

Sleep | Exercise | Eating | Breathing | Mindfulness



Emotional Intelligence:

Individual Experience
Body Budget

Power Capacity
Interoception



Emotional Granularity:

Precisely identify and differentiate between emotions

Content, joyful amused, delighted,
Grateful, optimistic, playful, hopeful...



Melancholy, Grieving, disappointed,
lonely, dejected, drained, despair...



Optimal
Decisions/Choices

Macro Prescription

Micro Prescription