

# How to Optimize Decision and Choice Making

## Macro Prescription

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