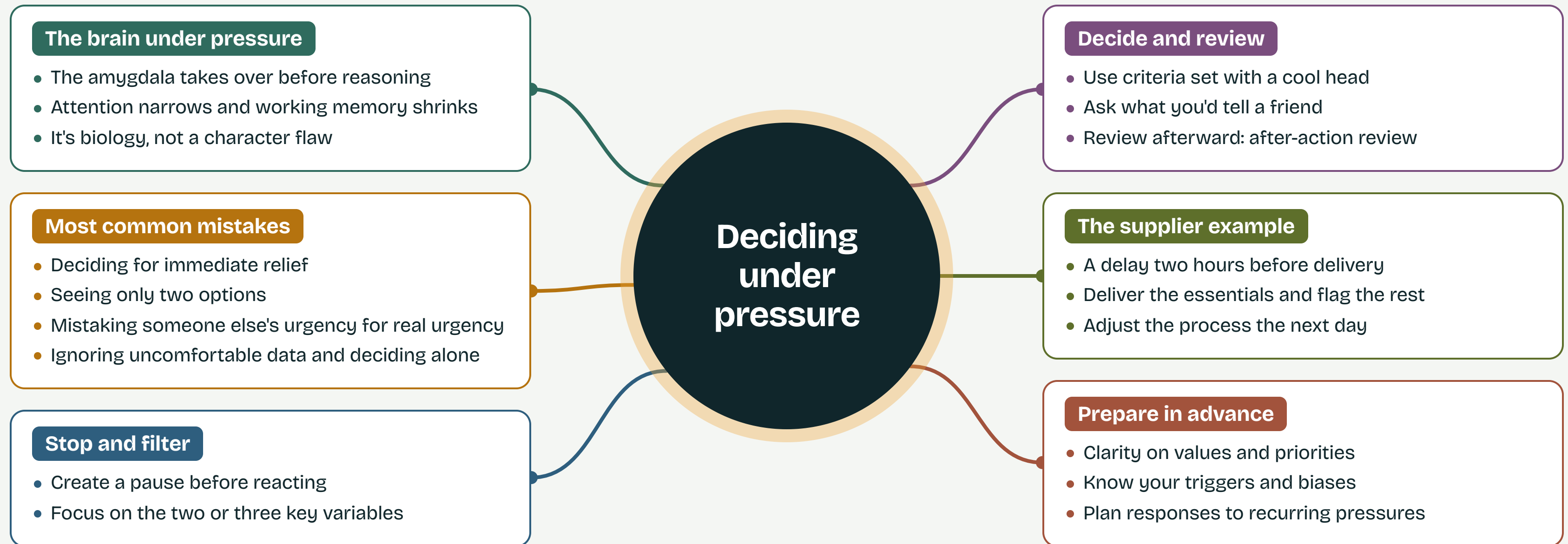


How to make better decisions under pressure



Action plan

1

List your recurring pressures and define ideal responses

2

Stop for a few seconds before reacting

3

Filter down to the two or three deciding variables

4

Decide using a criterion set in advance

5

Review the decision once the dust settles

Key takeaway

Under pressure, a simple method and criteria set in advance decide better than willpower alone.