3:00 PM

The Decision Fatigue
Recovery Protocol

Why You Run Out of Mental Energy by Mid-Afternoon and the 30-Day System to Fix It

A Practical Operating System for Protecting Your Decision–Making Capacity

6 MODULES • 30-DAY SYSTEM

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MODULE 3

The Decision Downgrade Method

Days 13-19 | Time: 15 minutes daily

Making Decisions Cheaper

Pre-commitment eliminates decisions entirely. But some decisions cannot be eliminated—they must be made. The Decision Downgrade Method transforms expensive decisions into cheap ones.

There are four techniques in this method. Each addresses a different type of decision expense.

TECHNIQUE 1

The 2-Minute Rule

Many decisions stall not because they are genuinely difficult, but because we treat them as more complex than they are. The 2-Minute Rule forces rapid resolution.

THE RULE

If a decision can be made in 2 minutes or less with the information you currently have, make it now. Do not defer, do not "think about it later."

Implementation:

1. When you encounter a decision, start a mental 2-minute timer.
2. Ask: "Can I make a good-enough choice with what I know right now?"
3. If yes, decide immediately.
4. If no, schedule a specific time to gather needed information and decide then.

Peak Window Mapping

After 5 days of the Decision Audit, synthesize your findings here.

Average Difficulty by Time (1-5 scale)

Time Period	Day 1	Day 2	Day 3	Day 4	Day 5	Average
6–8 AM						
8–10 AM						
10–12 PM						
12–2 PM						
2–4 PM						
4–6 PM						
6–8 PM						

Your Cognitive Windows

Peak Window 1 (lowest difficulty): _____ to _____

Peak Window 2 (if applicable): _____ to _____

Major Trough (highest difficulty): _____ to _____

Average daily decisions: _____   Cheap decisions: _____ %

Expensive decisions: _____ %

Top 3 recurring expensive decisions:

1. _____

2. _____

3. _____