## STRESS MASTERCLASS: 8-WEEK STRESS RELIEF TRAINING

Lecture: 4 ways we make decisions

Goal: Learn about different ways we make decisions.

## 4 ways we make decisions

1. By intuition:

We decide according to previous experience we relay on some patterns that were successful before. We will choose something what is familiar to us.
2. By measuring

It's when we have some options and some information and then we measure what are the consequences what are the gross and we decide between 2 or more options.
3. Asking for help

Sometimes when we are not able to make some decision than we relay on someone else's opinion or experience.
4. By testing options:

When we have to make a decision it is tough because we don't know the outcome. This method is based on outcome. We test options in order to see what options is the best. This method is used in companies, but sometimes we can use it in personal life life

