

DECISION FRAMEWORK CARDS

Quick Reference Guide from Success Mindset: The Advantage

These cards provide quick reference to six proven decision-making frameworks. Keep them accessible for when you need to make important decisions under pressure. Choose the framework that best fits your situation.

REGRET MINIMISATION

FRAMEWORK

Use when: Career decisions, major commitments, situations where fear prevents action

Key Questions:

- Which choice will I regret least in 5 years?
- What am I afraid of if I say yes?
- What am I afraid of if I say no?
- Which fear is about short-term discomfort vs. long-term regret?

Key Insight: Most regrets come from inaction, not from trying and failing. This framework shifts focus from immediate fear to long-term perspective.

REVERSIBILITY TEST

Use when: Overthinking decisions that may not warrant extensive deliberation

Key Questions:

- Can this decision be reversed if it does not work?
- If YES: Make it quickly. Set a review point.
- If NO: What makes it irreversible?
- What information would genuinely change my thinking?

Key Insight: Most decisions are reversible (two-way doors). Treat them as experiments, not permanent commitments. Save deep deliberation for truly irreversible choices.

10-10-10 RULE

Use when: Emotions are running high or you need perspective across time

Key Questions:

- How will I feel about this in 10 minutes?
- How will I feel about this in 10 months?
- How will I feel about this in 10 years?
- Which timeframe matters most for this decision?

Key Insight: Emotions amplify short-term consequences. This framework provides temporal perspective to see whether immediate discomfort justifies long-term benefit.

WORST-CASE SCENARIO TEST

Use when: Fear-based hesitation or catastrophic thinking

Key Questions:

- What is the absolute worst outcome?
- How likely is that worst case?
- If it happens, can I recover?
- Is the fear proportional to the actual risk?

Key Insight: Writing down the worst case often reveals it is survivable. Fear feels larger than reality. Quantifying risk reduces its emotional weight.

CRITERIA-BASED DECISION

FILTER

Use when: Recurring decisions or comparing multiple options

Key Questions:

- What criteria matter for this decision? (List 3-5)
- Weight each criterion (which matters most?)
- Score each option against the criteria
- The highest-scoring option wins

Key Insight: Emotion and bias influence decisions made "by feel." Pre-defined criteria make choices more objective and defensible.

TWO-WAY VS. ONE-WAY DOOR

Use when: Determining how much deliberation a decision deserves

Key Questions:

- Is this a two-way door (reversible)?
- Is this a one-way door (locks in a path)?
- Two-way doors: Decide fast, test, adjust
- One-way doors: Take more time, gather input

Key Insight: Most people treat all decisions like one-way doors. This slows progress. Identify which is which, then allocate deliberation accordingly.

FRAMEWORK SELECTION GUIDE

Match your situation to the best framework:

Your Situation	Best Framework
<i>Making a major career or life decision</i>	Regret Minimization
<i>Feeling paralyzed by overthinking</i>	Reversibility Test
<i>Emotions are clouding judgment</i>	10-10-10 Rule
<i>Fear is preventing action</i>	Worst-Case Scenario
<i>Comparing multiple clear options</i>	Criteria-Based Filter
<i>Unsure how much time to spend deciding</i>	Two-Way vs. One-Way Door

Pro Tip: You can use multiple frameworks for the same decision. Start with one that fits best, then validate your thinking with another framework.