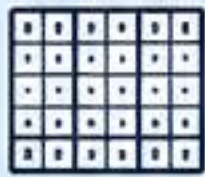


The Starting Point (2022)



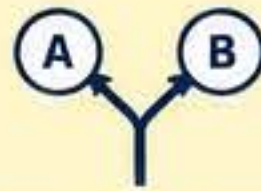
- One must-do activity every day.
- Solve one Sudoku before getting out of bed.
- Goal: Practice making decisions and sharpen the brain.

The Perfection Phase (2023)



- Avoid mistakes. "Zero day mistake".
- Took 20–30 minutes every day.
- Realized: too much time spent to eliminate all errors.

The Binary Decision Shift



- If two number choices, guesstimate.
- Reduce to a binary choice.
- Solve Sudoku in under 4 minutes.
- Less time thinking, more time for what matters.

The Insight



- Remembers Binary Decision Diagram (BDD) from work.
- A fast way to narrow down choices.
- Apply the same thinking to life decisions.

The Bigger Picture (2026 and Beyond)



- From error minimization to decision optimization.
- Use the saved time for living well.
- Apply the framework to health, relationships, career, finance, investing, and retirement life.

Key Mindset Shift



Error Minimization

- Avoid making mistakes
- Seek certainty
- Maximize correctness
- Analyze until satisfied
- Protect against all downside



Decision Optimization

- Make the best practical choice
- Act with acceptable uncertainty
- Optimize outcome, learning, time
- Stop when it's sufficiently informed
- Prioritize meaningful risks

Universal Decision-Optimization Framework



The Most Important Rule

Low-stakes + Reversible
→ Decide Quickly

Small, reversible decisions do not need deep analysis.

High-stakes + Irreversible
→ Investigate Carefully

Major, long-term, or irreversible decisions deserve more analysis.

Speed where
it's safe.
Depth where
it matters.

Binary Decision Diagram (BDD)



A graphical model to represent decisions and their possible outcomes.

- Fast way to narrow down choices
- Breaks complex problems into binary (yes/no) decisions
- Visualizes all possible paths
- Useful in engineering, computer science, and everyday decision-making

Why It Works

- ✓ Simplifies complex problems
- ✓ Improves clarity
- ✓ Speeds up decision-making
- ✓ Helps evaluate outcomes
- ✓ Supports systematic thinking

The Core Pillars of Decision Optimization



How a Person Typically Thinks, Behaves, and Makes Decisions (Psychological Pillars)



Apply to All Areas of Life



22 Guidelines for Decision Optimization

- 1 Be clear about the objective.
- 2 Identify real constraints.
- 3 Reduce choices to a few meaningful options.
- 4 Distinguish low-stakes from high-stakes.
- 5 Prefer reversible, informative steps.
- 6 Use evidence and feedback.
- 7 Stop when marginal value falls.
- 8 Avoid catastrophic errors, not all errors.
- 9 Don't distort reality for simplicity.
- 10 Spend analysis where the stakes justify it.
- 11 Use feedback instead of defending your choice.
- 12 Optimize for life value, not just task performance.
- 13 Consider outcome, process, cost, risk, and recoverability.
- 14 Separate signal from noise.
- 15 Review and adjust when conditions change.
- 16 Build systems, not one-time decisions.
- 17 Learn from mistakes without self-judgment.
- 18 Balance short-term and long-term outcomes.
- 19 Align decisions with personal values.
- 20 Take action consistently.
- 21 Keep it simple and practical.
- 22 Use the time saved for what truly matters.



The Decision Quality Formula

Decision Quality = Outcome Value + Learning
+ Time Efficiency + Reversibility – Unacceptable Risk



Final Message

It's not about never making mistakes.
It's about making better decisions, more often,
so you can live a healthier, wealthier, and more meaningful life.



Better Decisions



More Freedom



A Healthier You



Deeper Connections



Greater Opportunities



A Brighter Tomorrow