

Improve your decision-making with mental models

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1. Our baselines

→ **We are never taught how to make decisions**

Given how important they are, why are we never taught a process for decision-making?

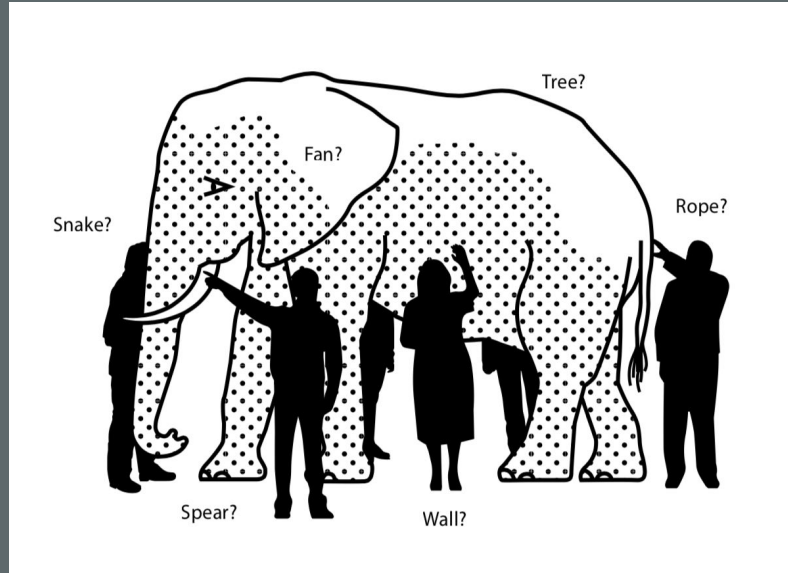
The great news is: You already think in models



Info

A mental model is just a simplified chunk of understanding about the world.

The problem is: They likely haven't been updated in a while.





2. The key points

→ **Our mental models are what we use to make decisions**

They're part of our natural thinking process.

→ **Practice on low-stakes decisions**

Don't wait for consequential / irreversible decisions

→ **We owe it to ourselves to make sure they are as good as possible**

Don't be daunted. You will see results.



3. Why invest?

- **Updating your mental models is an investment in your thinking**
- **Bad decisions make life harder for your future self**
So where do you want the pain?

Let's make it concrete.

Inversion *an easy to use tool to help you figure out the best path forward.*



Work backwards

What does success look like?

What does failure look like?

One more time.

Circle of Competence
another tool in your
box to help you gather
the right information.



Be honest

What do I know?

What do I think I know
but really don't?

What do I not know?

Reflect on how much
more there is out there.



4. Closing

→ **Improving your mental models will improve your decisions**

Even 1% better today gives you more opportunities for improvement down the road

→ **Be curious, not afraid**

This approach has helped many people get results, but mindset is important

→ **If you want to know more ...**

Books and courses at Farnam Street (fs.blog)



Questions?

Have you heard anything today you want to know more about?

What are some challenges you foresee? Let's troubleshoot!