



There is a particular exhaustion that comes not from doing too much, but from choosing too often.

We wake up deciding - what to wear, what to eat, what version of ourselves to present. We scroll through lives curated to look decisive and confident, while inside we feel the exhaustion of decision fatigue. Meanwhile, inside, we hover. Should I stay? Should I go? Should I answer now or later, commit or keep the option open, follow the feeling or the plan?

Decision-making difficulties are rarely about a lack of intelligence or ambition. More often, they're a symptom of disconnection - from the body, from the moment, from the quiet authority of inner knowing. When presence erodes, every option begins to look equally loud. We live in an

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era that fetishizes certainty. “Be sure.” “Know your why.” “Trust your gut.” But what if your gut is overstimulated, overtired, and living on notifications?? What if clarity doesn’t arrive as a lightning bolt, but as a slow exhale?

Presence, in its truest form, is not about having answers. It’s much more about creating the conditions where answers can arrive - and I feel like that’s the hardest part nowadays.

### **Understanding Decision Fatigue and Its Real Impact : The tyranny of infinite options**

Choice used to be a luxury. Now it’s a burden dressed in good lighting.

Streaming platforms ask us to choose between thousands of stories, dating apps between hundreds of faces, careers between endless reinventions of the self. We are told that more options mean more freedom - but psychologically, excess choice fractures attention. It pulls us into hypothetical futures instead of anchoring us in the present one. I strongly believe that this is also why in the past we were much more happy and really free... thinking back to my childhood and youth, I can mega confirm that.

Indecision thrives in the future tense. What if this is the wrong move? What if something better is coming? What if I regret this version of myself?

Presence interrupts that spiral. It asks a quieter, more radical question: What is true right now?

Not what will impress. Not what will optimize. Not what will age well/ look good on social media. Just - what feels aligned in this moment, in this body, on this ordinary day.

### **Mindfulness, minus the incense**

Mindfulness has been aestheticized to the point of parody- linen trousers, morning light, a ceramic cup held just so. But real presence is less curated and more intimate. It’s the willingness to stay with discomfort long enough to hear what it’s saying. When we rush decisions, it’s often

because stillness feels unsafe - so common these days. Silence brings us face to face with ambivalence, grief, desire, fear - all the feelings that don't fit neatly into productivity frameworks. So we outsource our choices to logic alone, or worse, to consensus.

Yet the most grounded decisions rarely come from overthinking. They come from noticing: the subtle contraction in the chest, the quiet relief at the thought of one option disappearing, the way your breath changes when you imagine saying yes - or no.

This is presence as intelligence. Somatic, emotional, precise.

### **The elegance of not knowing**

There is something deeply unfashionable about uncertainty. It doesn't sell well - in society, on Instagram or on LinkedIn. It doesn't perform. And yet, not knowing can be a powerful place to stand. In presence, uncertainty is no longer a failure - it's a threshold. A moment where you stop forcing clarity and allow it to unfold at its own tempo. Where you acknowledge that some decisions don't want to be made quickly; they want to be lived into. Think of the most meaningful choices you've made. Chances are, they weren't perfectly reasoned. They were felt. They emerged gradually, after enough listening. Presence invites patience back into the process. Patience we are missing sooooo much nowadays.

### **Choosing as an act of self-trust**

Every decision, no matter how small, is a conversation with the self. When we don't trust ourselves, we keep reopening the dialogue, hoping for external validation to close it for us. And I have noticed this a lot with myself in the past, until I understood: presence rebuilds self-trust - not by guaranteeing perfect outcomes, but by reminding us that we can stay with whatever follows. You don't need to choose the "right" path. You need to choose from a place of honesty. That might look like choosing rest over ambition for a season. Choosing less, not more. Choosing to wait. Choosing to disappoint others to remain intact. These choices rarely look

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glamorous from the outside. But they feel coherent on the inside - and coherence is a kind of luxury most people never quite reach. I often wonder how many truly feel aligned with the life they're living. My guess: fewer than half...

Returning to the now

When decision fatigue sets in, the remedy is not another pros-and-cons list. It's a return to the present moment.

Drink the coffee without scrolling. Feel your feet on the floor or even better grass. Let your breath settle before you decide anything. Notice what your body already knows, beneath the noise.

Presence doesn't eliminate difficulty. It softens it. It turns decision-making from a performance into a practice - one rooted in attention, self-respect and the quiet confidence that you are allowed to choose slowly. In a world obsessed with immediacy, presence is a radical style choice.

And sometimes, the most powerful decision you can make is to pause; long enough for yourself to arrive.

