

How to use the 10/10/10 Rule

What it is

Ask how you'll feel about a decision in 10 minutes, 10 months, and 10 years, so short-term feelings don't run the show.

When to use it

When a decision feels urgent or emotional, and you need distance to think clearly.

Steps

1. **Name the decision.** What are you deciding?
2. **In 10 minutes.** How will you feel right after?
3. **In 10 months.** How will you feel looking back this year?
4. **In 10 years.** Will this even matter by then?

Common mistake

Letting the 10-minute feeling make a 10-year decision.

Pairs with

Regret Minimization and Inversion.

Example: confronting a friend

Date: Wed, May 7

The decision

Telling my friend her comment actually hurt my feelings

In 10 minutes

I'd feel nervous, my stomach in knots

In 10 months

I probably won't even remember the exact words

In 10 years

This won't matter at all, we'll likely still be close

10/10/10 Decision Sheet

Date: _____

The decision

In 10 minutes

In 10 months

In 10 years
