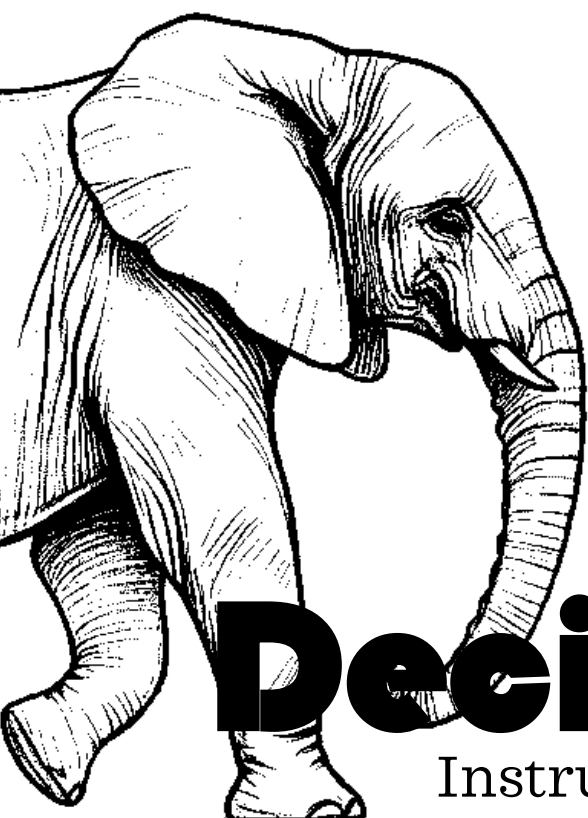




Decision

Instrument of Joy

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PREFACE

Decision Algorithm

A successful life is one
shaped by joyful
decisions.

Take any choice—personal or professional—and examine how it's made.

What you'll find is a **decision algorithm** at work: a pattern formed by your past decisions and the influence of others. Now, bring AI into the mix.

What changes?

AI adds more than insight from the past—it offers real-time awareness and predictive power drawn from countless decisions being made across the world. It doesn't just reflect your history; it actively shapes your present and future.

You might think you can ignore its influence—but you can't. Because no decision is made in isolation. Every choice you make is connected—to your habits, your environment, your emotions, your community—and increasingly, to the algorithms that surround you. That's why it's time to upgrade how you decide.

Revisit Your Frameworks

To thrive in the AI era, you must re-examine the frameworks you've relied on—consciously or not—to build your decision algorithm.

Do they still serve you?

Do they scale with complexity?

Do they reflect your values, and adapt with technology?

Just as washing machines revolutionized laundry, AI is revolutionizing decision-making—automating and enhancing it, one choice at a time. We often hear that success depends on the decisions we make. But it goes deeper. True success depends on how we design and evolve the system behind those decisions—your personal decision algorithm.

What Is a Decision Algorithm?

A decision algorithm is the set of patterns, processes, and mental frameworks that shape how you make choices.

It influences not only *what* you decide, but *how* you approach decision-making itself. Every decision you make is an opportunity to observe and refine this algorithm.

The more you understand and evolve it, the better prepared you are to recognize and seize opportunities—both expected and unexpected.

Which leads to the question that started this journey for me:
Are your decisions truly your own?

If your answer is an unwavering “yes,” this book may not be for you. But if there’s even a flicker of doubt—then welcome. You’re in the right place.

Taking Control of Your Decisions

If you take pride in your independence—or simply want to own your decisions more fully—this book is for you. Together, we'll uncover the hidden forces shaping your choices and explore how to harness them to make decisions that are truly your own.

Yes, external forces—family, society, culture, work, technology, even AI—will always influence you. No one makes decisions in a vacuum. But ultimately, the power and responsibility rest with you. And that's where the transformation begins.

Why This Matters

Taking control of your decisions begins with recognizing your ability to do so. Without that awareness, it's nearly impossible to reflect, refine, and grow. And now, with AI becoming a true decision partner, failing to evolve your decision process means missing the opportunity to elevate every future choice.

The goal of this book is simple: To help you take control of your decisions— And transform your decision-making process into a tool for building a joyful, meaningful life.

Clarity Through Reflection

When I first began examining my own decision algorithm, it felt overwhelming—tangled with emotion, habit, and outside influence. But as I started reflecting on the stories behind my decisions, patterns emerged. Clarity followed. And with it, the realization: *I could reprogram how I decide.*

That realization inspired this book. Inside, you'll find stories, frameworks, and tools designed to spark curiosity, challenge assumptions, and help you see your own algorithm with fresh eyes.

You don't need to overhaul your life. It all begins with just one decision—*any* decision.

Cognitive Thinking for Everyone

Until now, most decisions were made entirely in our heads—with limited support from tools or technology. AI is changing that. It doesn't just support us—it expands us. AI helps us design decisions, not just make them.

Which raises a powerful question:
Can decisions be designed and programmed—just like software—so they evolve alongside our lives?

Introducing the two-5-two Framework

This book introduces a new approach: The Two-5-Two Decision Framework, designed to help you reprogram your decision-making. It includes:

- **The 2 P's:** Pause & Play
- **The 5 A's:** Ask, Absorb, Access, Activate, Attune
- **The 2 Triangles:** Situation & Opportunity

Just like early washing machines evolved from simple cycles to advanced smart systems, AI will personalize and adapt to your unique decision algorithm—as long as you're actively shaping it.

The more you engage, the more your algorithm—and AI—refine together. Over time, AI becomes your thinking partner, enhancing your cognitive edge—one decision, one insight, one upgrade at a time.

The Power of Cognitive Design and Programming

This isn't just about making better choices. It's about expanding your capacity to choose.

It's about extending your algorithm—and accessing decisions that were once out of reach. It's about building a life by design, not default. And it starts now—with one decision.

INTRODUCTION

Opportunity

Every Opportunity Starts with a Decision

Are you ready to make yours?

Let me share what helped me see more opportunities in my own decisions. I bet it will inspire you to imagine more possibilities in yours.

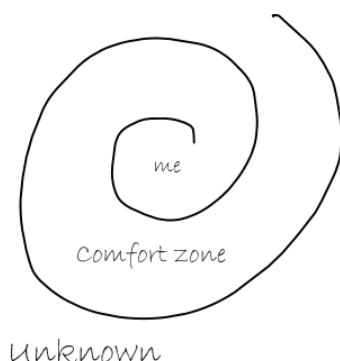
“Stand up!” our professor shouted, cutting through the hum of students settling into their seats. This was how my first lecture on organizational behavior began.

Startled, we obeyed. Then, with a mischievous grin, he instructed us, “Now, fold your hands.”

But there was a twist: we had to fold them the opposite way, disrupting the instinctive way we always did it. As we fidgeted in discomfort, he drove his point home.

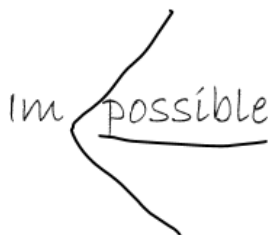
“Notice how even something as small as folding your hands feels awkward when it’s unfamiliar,” he said. “Now think about how much harder it is to change deeply ingrained behaviors. How can we expect others to change if we resist even this small shift ourselves?”

His words lingered long after class. What was I clinging to out of habit? What opportunities was I missing by staying within my comfort zone?



Discomfort as a Catalyst for Growth

“Feel what gets you to feel,” he said. It sounded almost like a riddle, but I realized it was a key to unlocking growth. By leaning into discomfort and truly experiencing it, I could uncover hidden truths and reshape my decision algorithm.



Years later, this lesson became more than theoretical when I faced one of the hardest decisions of my life—one involving my son.

A Turning Point in Perspective

When he was one year old, he lost his appetite for solid food, a side effect of treatment for a recurring viral infection. For an entire year, despite every effort—

offering different foods, consulting doctors—he failed to gain weight.

One morning, he nibbled on a piece of waffle from my plate. It was a small moment, but it sparked a big realization.

Did he choose to eat on his own? Or did I inadvertently influence his decision? And what did this mean for his future choices?

The Hidden Forces Behind Decisions

It dawned on me: I was the biggest barrier to my child's independence. My well-meaning attempts to guide and control his decisions might limit his ability to develop his own decision algorithm.

This realization led me to reflect on my own decision-making. How often was I clinging to patterns I didn't even recognize?

And how could I teach my children to make decisions confidently if I hadn't unraveled my own algorithm first?

Here's the truth no one told me: you are not fully in control of your decisions. External influences shape them in ways you might not even realize. These forces, combined with your habits, experiences, and emotions, form the foundation of your decision algorithm.

Reclaiming Your Autonomy

But here's the good news: you can understand this algorithm, refine it, and create a decision-making process that empowers you—and the people around you.

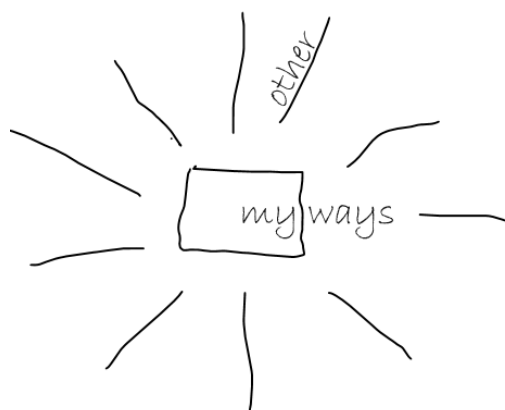
This book is about embracing that journey. It's about exploring the discomfort, uncovering possibilities in the impossible, and redefining your relationship with decisions. By understanding your decision algorithm, you can reclaim autonomy and reshape your life.

The goal is simple: to help you—and those you influence—build a life that's authentic, fulfilling, and free of unnecessary constraints.

So, I'll leave you with this: when was the last time you truly questioned your decision algorithm? If you haven't, what might you be missing?

Now the question is: Can AI investigate your decision algorithm?

The answer is yes—and in the pages ahead, we'll explore exactly how.



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1. **Secret**

why *uniqueness* is the essence of a decision

2. **Power**

why the *variation* in a decision reveals new possibilities

3. **Question**

what uncovers the *insights* within a decision

4. **Untangle**

why not knowing the way forward *prevents* a decision from being made

5. **Gather**

how *variety* contributes to a decision to make it versatile

6. **Pause**

how one decision intertwines with another for carrying the *purpose* forward

7. **Ask**

why gaining *clarity* enables a decision to have a broader impact

8. **Absorb**

how the *pairing* of logic and emotions strengthens a decision

9. **Assess**

why *advancing* the way a decision is made matters more than its outcome

10. **Activate**

how *continuity* of a decision reveal new life situations

11. **Attune**

how one decision *builds* on another to explore unexplored territories

12. **Play**

how the inner workings of a decisions *transform* life into an engaging game

Secret

why *uniqueness* is the essence of a
decision

What If One Decision Could Change Everything?

Wait—don't take my word for it until you hear this: a story about the secrets hidden within decisions. I call it *The Story of Decisions*.

The army general stood shackled, his fate uncertain. His captors had stripped him of everything but his mind, and now they demanded more: secrets they believed could shift the tides of war.

The Secret of Secrets

"You want to kill me?" the general asked.

"Tell me why. Haven't I revealed enough? I deserve some answers."

"No! You haven't revealed any secrets," a voice from the crowd retorted.

"Is that so?" The general's voice was steady. "Then it's time you learn *The Secret of Secrets*."

"The Secret of Secrets?" someone questioned.

“It can’t be explained outright,” the general replied. “It must be discovered, but there are three things that can guide you: ‘Experience the Experiencing,’ ‘Thinking to Think,’ and the ‘Death of Decision.’”

Curiosity rippled through the crowd.

The Death of Decision

“Explain them to us!” demanded a voice.

“Why should I?” the general countered.

“You’ve shown no trust, and some of you still want me dead. How can I share something so profound with those who might misuse it?”

“You have a point,” someone admitted.

“We haven’t been fair. Here’s the deal: if you help us understand how the *Secret of Secrets* works, we’ll consider setting you free.”

The general paused, weighing his options.

“Very well,” he said. “But on one condition: once I explain, I’ll choose twelve of you to learn with me. Together, we’ll uncover its true power.”

The crowd murmured in agreement.

Thinking to Think

“Moments ago, you wanted me dead,” the general began. “Now, you seek knowledge from me. Reflect on that transformation. What caused it? A decision.

Every decision has its components—needs, desires, fears. Once these are addressed, the decision dies. That is the *Death of Decision*.”

He scanned the crowd and locked eyes with a young woman. Her clenched fists and trembling lip betrayed her inner turmoil.

“You’ve faced impossible choices,” he said gently. “You know how heavy they can feel, don’t you?”
The young woman nodded.

“This brings us to *Thinking to Think*,” the general continued. “Most of us are consumed by thoughts, but how often do we question why we think what we think? Or how we think? To ‘Think to Think’ is to observe your mind, to step back and understand the patterns shaping your decisions.”

Experience the Experiencing

“How do I know when I’m truly doing it?” the young woman asked.

“I can’t tell you,” the general admitted.

“You’ll feel it. Your decisions will start to align with something deeper.”

He paused. “Now, let me show you how to *Experience the Experiencing*.”

The general raised his voice. “Think of a moment you wish you could forget. Now, revisit it in your mind.”

The crowd hesitated, then closed their eyes.

“Shift between that moment and your present state,” he instructed. “Notice how, with each revisit, your fear loses some of its power. It’s as if you’re turning a dial, adjusting the intensity.”

The Power of Feeling Decisions

Silence enveloped the crowd.

“This is the key,” the general said softly.

“Decisions are not just made—they’re felt.

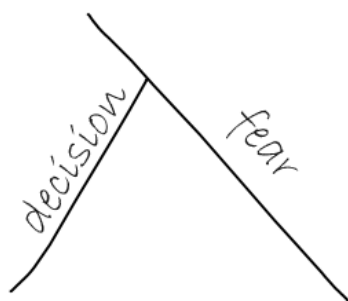
When you learn to experience them fully, you uncover the *Secret of Secrets*.”

He stepped forward. “Imagine every decision as having a head, heart, and stomach. To make truly unique choices, you must engage all three. Those who feel a decision completely—its weight, its possibilities—become unstoppable.”

The crowd erupted in applause. The general’s life was spared, and his captors became his students, eager to master the *Secret of Secrets*.



"All right then, explain!" demanded a voice from the crowd.



Silence filled the air. Breaking it, the captive declared, "This, my friends, is the secret. Understanding how decisions are made is the 'Secret of Secrets.'"

In summary:

Within every decision lies something deeper—a force with the power to change everything. This is the foundational premise of the two-5-two Decision Framework.