Formula Type FT Regola Neue Specimen Semibold 72 points (1/27)

FT Regola Neue

Light
Regular
Medium
Semibold
Bold
Heavy

LL Light Italic
RR Regular Italic
MM Medium Italic
SS Semibold Italic
BB Bold Italic
HH Heavy Italic

A good rule is to ask: "What will happen if I don't decide right now?"

Specimen

Light, Light Italic

64 points

(4/27)

Psychologist SCALABLE Management Exhausting PRINCIPLES Lifestyle Policymaker SOCIAL Architecture

Making decisions—especially complex ones—can be mentally exhausting. Psychologists call this decision fatigue, where the quality of decisions deteriorates as more choices are made throughout the day. By consciously choosing not to decide when unnecessary, individuals conserve mental energy for truly important matters. Additionally, this principle helps reduce anxiety. Often, people feel compelled to resolve uncertainty immediately, even when the situation does not demand urgency. Learning to sit with uncertainty and allowing things to unfold naturally can lead to more peaceful and mindful living. While Falkland's Law is a useful guideline, it is not an excuse for indecision or procrastination. Some situations require immediate action, and waiting too long can have negative consequences. Therefore, it is essential to distinguish between: truly urgent decisions (e.g., responding to a medical emergency, addressing a critical business crisis); decisions that feel urgent but are not (e.g., responding to an email immediately, making a purchase under pressure); decisions that are best left for later (e.g., career changes, lifestyle adjustments, policy reforms). A good rule of thumb is to ask: "What will happen if I don't decide right now?" If the answer is "nothing significant," then Falkland's Law suggests waiting until a decision is absolutely necessary. From minor choices like what to wear to major life-altering decisions, we constantly engage in selecting between alternatives. However, not all decisions require immediate action. This is where Falkland's Law comes into play. The principle states: "When it is not necessary to make a decision, it is necessary not to make a decision." This simple yet profound idea encourages patience and

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Psychologist SCALABLE Management Exhausting PRINCIPLES Lifestyle Policymaker SOCIAL Architecture

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About Regola Neue combines geometric shapes and grotesques to produce a friendly, contemporary style.

It's a playful font that works well for both headlines and body text, blending elements from the 1920s and 1930s with the style of modern Neo-grotesque fonts. The family has six weights and their italic versions.