

Name:

Student No.:

DECISION-MAKING: MAKE A DECISION TODAY

Instructions:

Think about something you want to change in your life and complete the steps below. It could be anything from starting to exercise to giving up chocolate!

- 1. Define the problem or the decision to be made. For example: "I want to get fit".**

- 2. Consider all the possible options / alternative solutions to achieve this stated goal.**

For example:

- I will join the gym.
- I will try to walk to school each day.
- I will jog up and down in the classroom.

Remember, when you brain-storm solutions, write all solutions down, no matter how ridiculous they seem! Try not to judge the options / solutions at this stage.

3. Write down all the positives (good things) and negatives (not so good things) for making or not making the change.

For example: I will join the gym.

Positives: That will be fun. I will be taught how to exercise.

Negatives: It may be really expensive. How would I get there?

Give each positive or negative a **score out of ten** for how important it may be. A score of 1/10 would mean it is very unimportant and a score of 10/10 would mean it is very important in making the decision.

Option 1			
Positives	#/10	Negatives	#/10

Option 2			
Positives	#/10	Negatives	#/10

4. Select the best alternative -MAKE A DECISION – Explain why

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