

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