



## Decision Making

### The Facts

A decision is something that somebody chooses or makes up his or her mind about, after considering it and other possible choices.

Making decisions is an important and vital part of life. Children, teens, young adults and adults all have to make their own decisions numerous times throughout life. Whether they are easy or hard decisions to make, decision-making skills ease the process. Decisions are influenced by values. In turn, values are influenced by family, peers, past experiences, society and others around you. What's important for you not to forget is that your values are your choice. What you choose to value is solely up to you and only you.

### Prioritize Your Values

#### What's important to you?

What is it that you value? Is it your education, wealth, health, independence, honesty, love, friendships, family, respect from others, social life, privacy, beauty (inner or outer), etc.? What are your individual principles and standards?

#### How would you list and rank them?

Make a list of all your values and number them as to which ones are more important to you and which ones are least

### A Guide To Decision-Making

#### #1 Specify the situation or problem

-Identifying and knowing exactly what your problem or situation is will aid in the decision-making process. You will want to be specific when identifying your dilemma. Not doing so will lead you down a road of greater confusion.

#### #2 Think of all possible options

-Any possibility that seems unrealistic is in actuality possible. If there is a will, there is a way!

#### #3 Get the facts

-Following through a decision you know nothing about is not the greatest idea. You will want to gather information from every possible source. Knowing the facts will get you one step closer to making a decision.



## Decision Making

### The Facts

A decision is something that somebody chooses or makes up his or her mind about, after considering it and other possible choices.

Making decisions is an important and vital part of life. Children, teens, young adults and adults all have to make their own decisions numerous times throughout life. Whether they are easy or hard decisions to make, decision-making skills ease the process. Decisions are influenced by values. In turn, values are influenced by family, peers, past experiences, society and others around you. What's important for you not to forget is that your values are your choice. What you choose to value is solely up to you and only you.

### Prioritize Your Values

#### What's important to you?

What is it that you value? Is it your education, wealth, health, independence, honesty, love, friendships, family, respect from others, social life, privacy, beauty (inner or outer), etc.? What are your individual principles and standards?

#### How would you list and rank them?

Make a list of all your values and number them as to which ones are more important to you and which ones are least

### A Guide To Decision-Making

#### #1 Specify the situation or problem

-Identifying and knowing exactly what your problem or situation is will aid in the decision-making process. You will want to be specific when identifying your dilemma. Not doing so will lead you down a road of greater confusion.

#### #2 Think of all possible options

-Any possibility that seems unrealistic is in actuality possible. If there is a will, there is a way!

#### #3 Get the facts

-Following through a decision you know nothing about is not the greatest idea. You will want to gather information from every possible source. Knowing the facts will get you one step closer to making a decision.

#### **#4 Consider the consequences**

-Make a list of all the positive and negative consequences that will arise from your options. Remember, it's you who has to live with the consequences.

#### **#5 Choose your path**

-Make the decision that is right for you. You will want to choose the option that coincides with your values, obtains acceptable consequences and makes you happy.

#### **#6 Go for it**

-Having made up your mind, you are ready to follow through your decision. At this point, you have made the best choice for yourself. Don't let others persuade you otherwise.

#### **#7 Be responsible for your decision**

-Making your own decision entails owning up to the responsibility that comes along with it. Running away from your choice disrupts the decision-making process and brings you back to step one.

#### **#8 Evaluate your decision**

-Are you happy with your decision? If so, you have succeeded at the decision-making process. If not, reevaluate your choices and decide on one that better meets your needs.

#### **#9 Ask for help when needed**

-School counselors, parents, instructors, clergy members, friends and many others are available to talk to.

### **A Few Reminders**

- Procrastination may lead to making a decision you are not ready to handle.
- Don't delay just to avoid making a difficult or unpleasant decision.
- Make decisions when you are calm. Other emotions may get in the way of you making the right choice.
- Mistakes happen and you will have the opportunity to not repeat them and think about what you could have done differently.

#### **#4 Consider the consequences**

-Make a list of all the positive and negative consequences that will arise from your options. Remember, it's you who has to live with the consequences.

#### **#5 Choose your path**

-Make the decision that is right for you. You will want to choose the option that coincides with your values, obtains acceptable consequences and makes you happy.

#### **#6 Go for it**

-Having made up your mind, you are ready to follow through your decision. At this point, you have made the best choice for yourself. Don't let others persuade you otherwise.

#### **#7 Be responsible for your decision**

-Making your own decision entails owning up to the responsibility that comes along with it. Running away from your choice disrupts the decision-making process and brings you back to step one.

#### **#8 Evaluate your decision**

-Are you happy with your decision? If so, you have succeeded at the decision-making process. If not, reevaluate your choices and decide on one that better meets your needs.

#### **#9 Ask for help when needed**

-School counselors, parents, instructors, clergy members, friends and many others are available to talk to.

### **A Few Reminders**

- Procrastination may lead to making a decision you are not ready to handle.
- Don't delay just to avoid making a difficult or unpleasant decision.
- Make decisions when you are calm. Other emotions may get in the way of you making the right choice.
- Mistakes happen and you will have the opportunity to not repeat them and think about what you could have done differently.