

Decision Making Guide

Step 1: Identify the decision to be made

Describe the situation that involves a decision to be made:

What is the decision to be made and why is it important to me:

Can I make this decision alone? If not, whose assistance do you need?

How will this decision affect me in 5 weeks? 5 months? 5 years?

How will this decision affect my friends and family?

Step 2: Brainstorm options and identify possible outcomes

Options	Positive Outcomes	Negative Outcomes
1.		
2.		
3.		

Step 3: Make a Decision and Follow Through

Prior to deciding, ask yourself the following about your selected option:

- Is this decision healthy? (if no, reevaluate your decision)
- Is this decision good for me? (if no, reevaluate your decision)
- Will this decision potentially harm me, or someone I care about, in any way? (if yes, reevaluate your decision)
- Is this decision legal? (if no, reevaluate your decision)
- Does this decision align with my goals and values? (if no, reevaluate your decision)