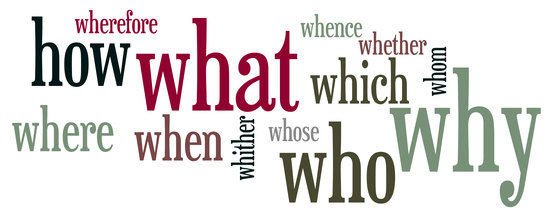
Step 1: Define the problem

Identify the problem at hand.

What are you being faced with?



Step 2: Explore your options

What are all of the possible choices you have?

Should I wear my blue, green, purple, orange, or black shirt?



Step 3: Consider the consequences

List all of your positive and negative consequences to different choices.

There can be positive consequences to a bad choice and negative consequences to a good choice...this is what makes decision making so hard!



Step 4: Identify your values

What do you value in life that is going to influence the choice you make?

What is important to you?

Step 5: Decide & Act

Make your decision and follow through...actually do what you say you are going to do!

What will you do now?



Step 6: Evaluate the results

Do you think you’ve made the right choice?

What, if anything, could you have done differently?

What have you learned from your experience?

