

Steps to Responsible Decision Making

Start by writing down the decision you are trying to make.

Now let's break down the decision into steps.

Step 1: STOP! Always stop to think before you decide.

Take a moment to collect your thoughts.

This can be meditation, going for a run, or walk.

Step: 2: THINK. Picture positive outcomes and list your options

List different options you may have making your decision

Now list 5 consequences (Remember Consequences can also be positive)

Step 3: Act. This is where you make your decision based on your options.

Write Down the decision you chose.

Step:4 Reflect- Evaluate how you did, ask yourself if you made the right choice.

Write a short sentence explaining how you think you did.

Do you believe you made the right choice?

(if No, explain why)

Be Mindful

- If the outcome of your decision was not what you expected, consider what you learned and what you could have done differently.
- Keep this so the next time you face a similar decision, you will be better able to reach your desired outcome.
- Never let anyone else influence your decision.