Name:



Decision-Making Process



STEP 1: Identify the Decision to be Made

Describe the situation that involves a decision that needs to be made:					
What is the decision to be made?					
Why is this decision important to me and my health?					
Does this situation require me to use the decision-making process? YES or NO					
Explain					
Can I make this decision alone, or do I need the help of an adult or trusted resource? Explain.					
How will this decision affect me the rest of my life?					





Step 2: Brainstorm Possible Options Step 3: Identify Possible Outcomes

Options	Positive Outcome	Negative Outcome
1.		
2.		
3.		



Step 4 - Make a Decision and Follow Through

According to the options above, which one looks like the best and circle it.

Now, look at the criteria below, answer each question about the option you chose. If you answered no to any of the questions, then you need to re-evaluate your option.

	YES	NO
Is the option healthy?		
Does this decision respect my mind and body?		
Does this decision respect people that care about me?		
Does this option support my values?		
Does this option promote my goals?		
Does this decision follow the law?		
Vhich healthy option did you chose?		



Step 5: Reflect on the Decision that was Made:

Decision Making Reflection

Write a paragraph that will reflect on the decision you made and how it worked. Use some of the answers to the questions below in your paragraph.

How did the decision-making model help you come up with a decision?

- Why did I make the choice that I did?
- Did the decision that I made work? Why or Why not?
- How did this decision affect my health?
- Would I make this decision again?