

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?	_____	_____

Which healthy option did you chose? _____

Step 5: Reflect on the Decision that was Made: