

**Some Ideas about
MAKING DECISIONS**



This isn't the way you get to your goal ... it's the BIG picture.

le: If you say, "I want to move out of my parent's house", remember that there are more than 1 ways to do that ... not just to a group home ... not just to an apartment with 3 roommates, etc....

Know your **PASSION**



What's your dream?
What do you **REALLY** want?
What do you really **NOT** want?

What's in your heart?

What do you dream about most?

Sometimes people want something "on a whim" or because a friend has it. Will you still want this goal tomorrow? In a week? In a year?

Know what you **NEED**



You can't always get what you **WANT**, but ...

You know the song, right??? If not, no worries, we'll **SING IT FOR YOU!** (any volunteers?)

We all have things we "want". We can't have it all. We need to know what we really. If we **TRY**, we just might get what we **NEED**.

Know the **FACTS**



Is it Safe? Expensive? Legal?

Painful? Fun?

Can you change your mind
if it isn't what you want?

What else?

Can you really do what you want? How much do you know about it?
What does it cost? Does it hurt? Is it legal? Am I qualified to do it?

Know your **RESOURCES**

What do you have? What can you get?



"THINGS"



TIME



ENERGY



MONEY



"KNOW HOW"



FAMILY



FRIENDS



WHAT ELSE?

Resources aren't just "money".

Resources are anything around you that can help you reach your goal.

For example, resources are also education, friends and spare time.

What are some other "resources" that people have?

Know the **POSSIBLE OUTCOMES**



Every decision has some “consequence”.
How will this decision affect you?
How will it affect people around you?

Every decision has some “consequence”. A consequence is what happens because of something you did or didn’t do.

Considering the consequences is part of what it means to be “responsible”.

Think about how your decision will change things for both yourself and other people. Are the changes something you want? Will they help or hurt others?

Will they make something else happen in your life that you don’t want?



Make **YOUR** DECISION

Consider all these things:



The **FACTS**

What you have (**RESOURCES**)

What you want (**PASSION**)

What you **NEED**

What **WILL HAPPEN** if you make this decision (**OUTCOME**)?

What things would YOU use to make YOUR decision?

What are the reasons you would or would not go for one of the options?

Select the Best



Remember,
It's YOUR DECISION,

Pick what works best. Don't pick something just because you like it the most (or it would be the most fun, prettiest color, or taste better, etc)

The "best choice" is usually something that's possible to do. It's "realistic" because, if you make a choice that's impossible, you'll spend your whole life waiting for something that will never come, and you'll miss out on other great choices.

What else makes one choice "the best"?

Review – Reflect – Redo



Look at your decision more than once
Change things if you need to

There are a few decisions that can't be undone, but all decisions have some "outcome".

When you make one decision, it changes other things in your life. This doesn't mean you shouldn't make choices, but it's good to know the "consequences". And it's GREAT to know that you can usually change your mind!

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