







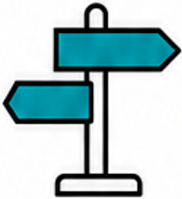





DECISION MAKING REFERENCE POSTER

Good choices • Better outcomes • You in control

1		IDENTIFY the decision. What is the problem or choice?		Be clear about what you need to decide.
2		THINK of options. What choices do I have?		List as many options as you can. No idea is a bad idea!
3		CONSIDER the outcomes. What could happen with each option?		<ul style="list-style-type: none">• Good things?• Not-so-good things?• Who is affected?
4		CHECK with my values. Does it fit who I am and what matters?		Is it kind? Is it fair? Does it respect myself and others?
5		CHOOSE the best option. Which option is the best choice?		Pick the option that has the best outcome and feels right.
6		ACT and review. Put my choice into action.		<ul style="list-style-type: none">• Take action.• Reflect: How did it go?• Learn and adjust next time.



PAUSE
if needed.

Take a deep breath.
Ask for help.



YOU CAN
make good
decisions!