



DECISION MAKING REFLECTION MAT



Name: _____

Date: _____

Class: _____

WHAT IS THE DECISION?



THINK IT THROUGH

1



WHAT IS HAPPENING?

What is the situation or problem?

2



WHAT ARE MY OPTIONS?

List 2 or more options.

3



WHAT COULD HAPPEN?

What are the possible consequences of each option?

4



HOW WILL IT AFFECT ME & OTHERS?

Who is affected?
How might they feel?

5



WHAT IS THE BEST CHOICE?

Which option fits my values and goals?



THE DECISION I MADE

What did you decide to do?



HOW DID IT GO?

What happened as a result?



WHAT DID I LEARN?

What did you learn about yourself or the situation?



WHAT WILL I DO NEXT TIME?

What could you do differently next time?

CHECK IN WITH YOURSELF



STOP

Take a pause.



THINK

Use the steps.



CHOOSE

Make a respectful choice.



REFLECT

Learn and keep growing.