

DECISION-MAKING EXERCISE

Sometimes it's hard to know if or how the decisions we make today will impact us in the future, whether that's in an hour, tomorrow, or a year from now. When the choices we make impact us over a long period of time, they can be *defining choices*. There are times defining choices are obvious and other times, not so much. Let's practice a decision-making skill that can be applied to many decisions you will make in life.

YOUR DECISION

What am I trying to decide?

Decision

POSSIBLE CHOICES

What are two possible choices I could make related to this decision?

Choice 1

Choice 2

THE EFFECTS

What are the short- and long-term effects of each choice I am considering?

Short Term

Long Term

Short Term

Long Term



QUESTIONS TO CONSIDER

What or who in my life is influencing this decision and how? How much does this influence me?

Positive Influences

The Choice I Made

Negative Influences

Is this a defining choice for your life?

YES NO