

# 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