

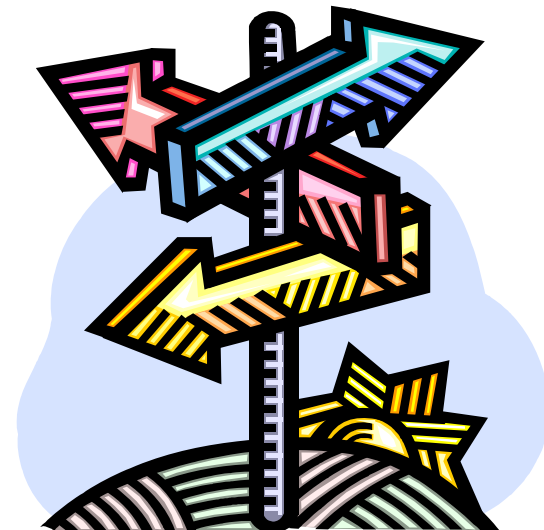
✧ DECISION MAKING MAGIC ✧





WHAT IS A DECISION?

- A choice that is made about things that affect a person's life
- There are two types of decisions
 - Routine
 - Major





ROUTINE DECISIONS

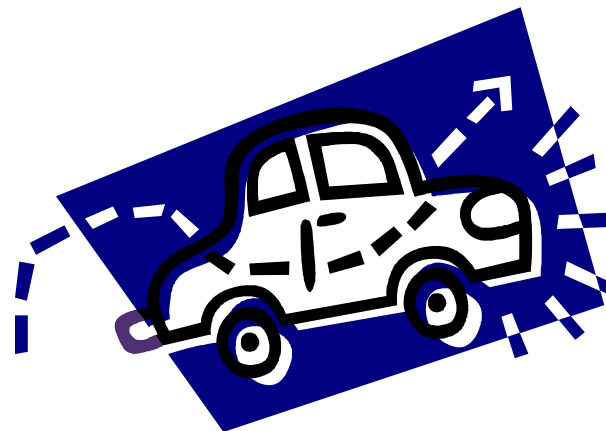
- Are made on a day-to-day basis
- Don't require a lot of time to think through
- They can even become a habit in daily life
- For example, deciding...
 - What to wear in the morning
 - What to pack for lunch
 - Where to sit on the school bus





MAJOR DECISIONS

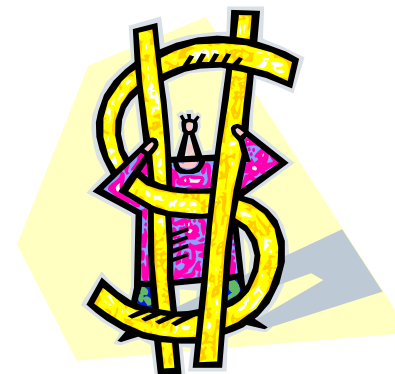
- Have long-term effects on a person's life
- Should be made very carefully and with a lot of thought
- For example, deciding...
 - What type of car to buy
 - To attend college





FINANCIAL DECISIONS

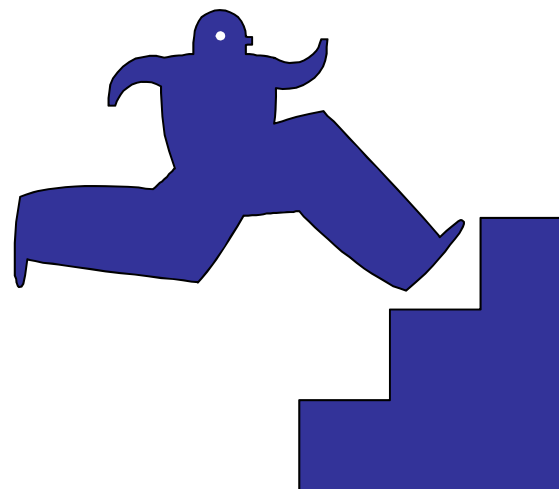
- A type of major decision
- Impacts an individual's or family's well-being
 - Well-being is the state of being happy, healthy, and prosperous
- For example...
 - Saving for a family vacation
 - Spending money wisely
 - Purchasing new items





DECISION MAKING PROCESS

- It guides individuals to think through all components of making a good decision
- STEPS:
 1. Identify the problem
 2. List alternatives
 3. Decide
 4. Evaluate the Results

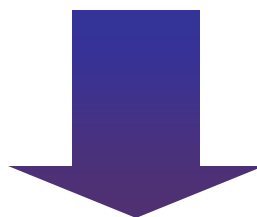




STEPS

I. Identify the Problem

- o Know the problem or question before searching for an answer



2. List Alternatives

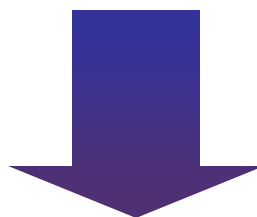
- o Brainstorm pros and cons for all of the possible choices



STEPS CONTINUED

3. Decide

- o Make the best choice after thinking about all of the consequences



4. Evaluate the results

- o This will help in making better decisions in the future



SO MANY CHOICES!

- There are many different options to choose when making a decision

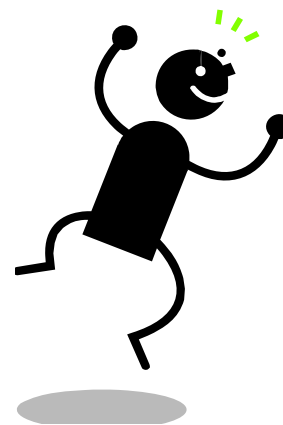
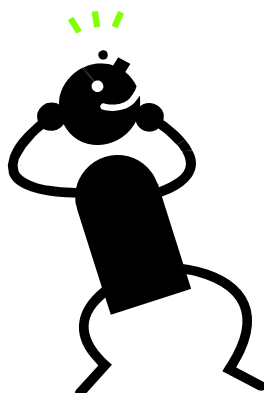


- Every option has a different consequence



BENEFITS OF GOOD DECISION MAKING

- When decision making skills improve, quality of life is enhanced
- Making better choices to your decisions results in better use of time, money and other resources





VALUES

- Values are fundamental beliefs or practices about what is desirable, worthwhile, and important
- People have different values that influence the decisions they make
- The decision-making process can be used to:
 - identify personal values
 - develop the best solution to a problem



SUMMARY

- Decision- a choice that will affect a person's life
 - Routine- everyday, simple decisions that can become habit
 - Major- big, complex decisions that should be thought out carefully
- Decision Making Process
 - What are the steps?
- Remember... making good decisions enhances quality of life

