

WHAT'S BEST FOR ME?

There are many factors that can affect the decisions you make every day, such as: how you're feeling, possible outcomes, parents, friends, school, laws, or television and more.

Everyone makes many decisions every day, some decisions are easy and some more difficult.

Quick Tips!

- When making decisions, remember to think about your goals, values, strengths, skills, likes, and dislikes.
- Take the time to get the information you need.
- Try and think of as many options as possible.
- If you need more information or help, ask someone you trust!
- It is important to think through and weigh options and consequences before making decisions.

In the story below, Chris tries to decide what's best for her at her new job. Here are some questions to help you reflect.

- Who made a decision in this story?
- What did Chris consider when making a decision?
- What were the decisions?
- What was the result of the decision?
- What were the other options?
- What are the emotions behind each decision?



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Think about what is happening your life. Think about your relationships with friends, what might happen in the future, or anything else that you need to make a decision about. Or choose from the following scenarios:

Now it's your turn! This activity will guide you through the process for making a decision and how to check in with yourself, which can make tough decisions easier.

What is the decision that has to be made?
What could be the cause?

- You have a crush on your best friend's boyfriend/girlfriend.
- The grades that you have earned in science are low, but you really want to be a doctor.
- You want to join the soccer team, but none of your friends are on the team .

What are possible options?

What can be the result?
List as many as you can!

How does this option make you feel?

Do you need to ask for help or more information? Who will you ask?

How did it feel to decide? Draw a picture or write about it!

What happened after you made the decision?

