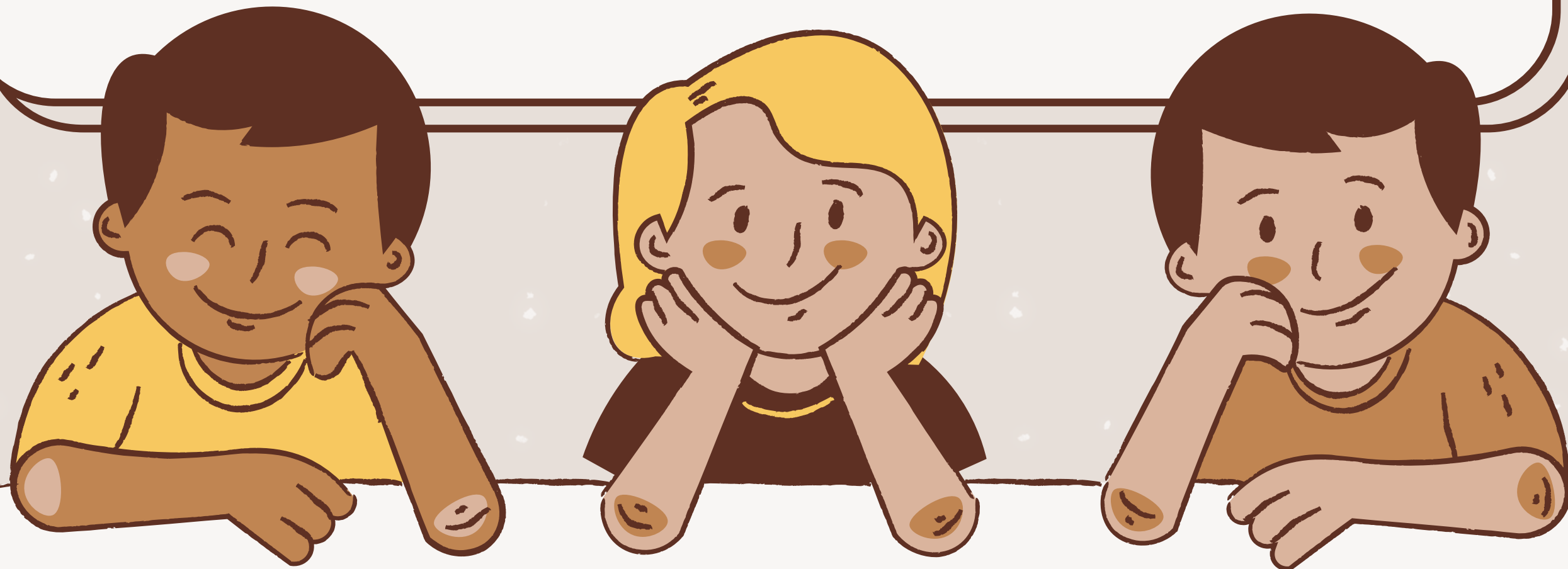
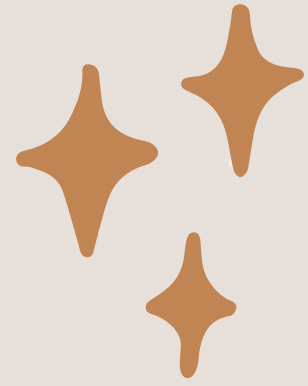


MAKING POSITIVE DECISIONS



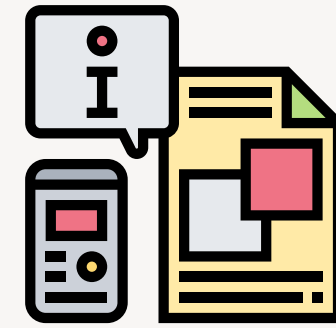


THE 7 STEPS

When you follow the decision making process steps, you are able to make deliberate and thoughtful decisions.



**1. IDENTIFYING
THE PROBLEM**



**2. GATHERING THE
RELEVANT
INFORMATION**

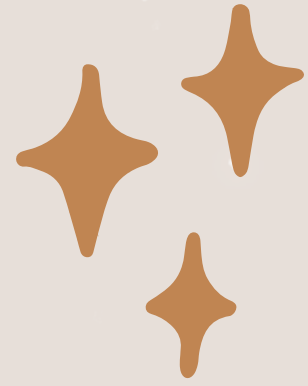


**3.
BRAINSTORMING
SOLUTIONS**



**4. IDENTIFYING
POSSIBLE
CONSEQUENCES**





THE 7 STEPS

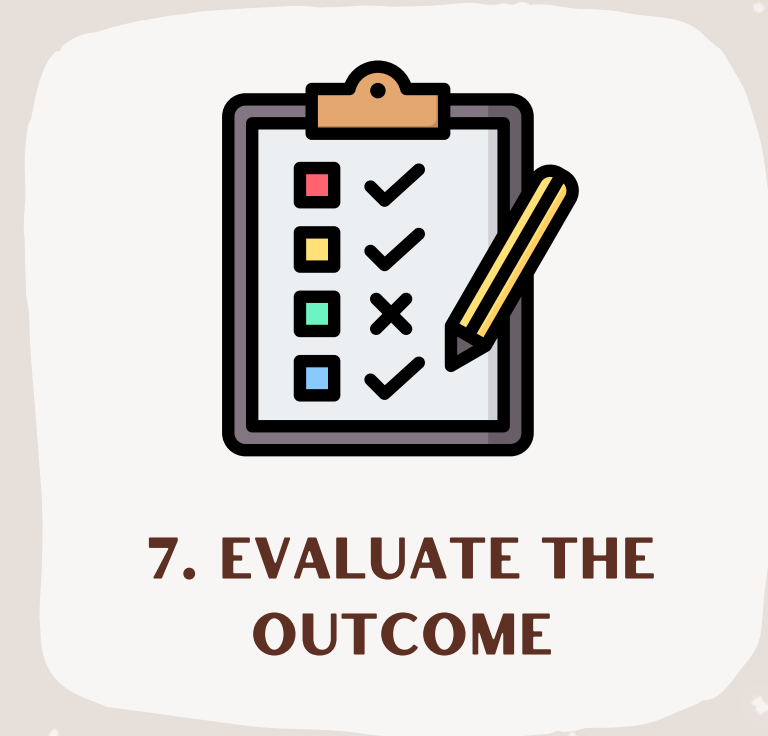
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5. MAKE A CHOICE



6. TAKE ACTION



**7. EVALUATE THE
OUTCOME**



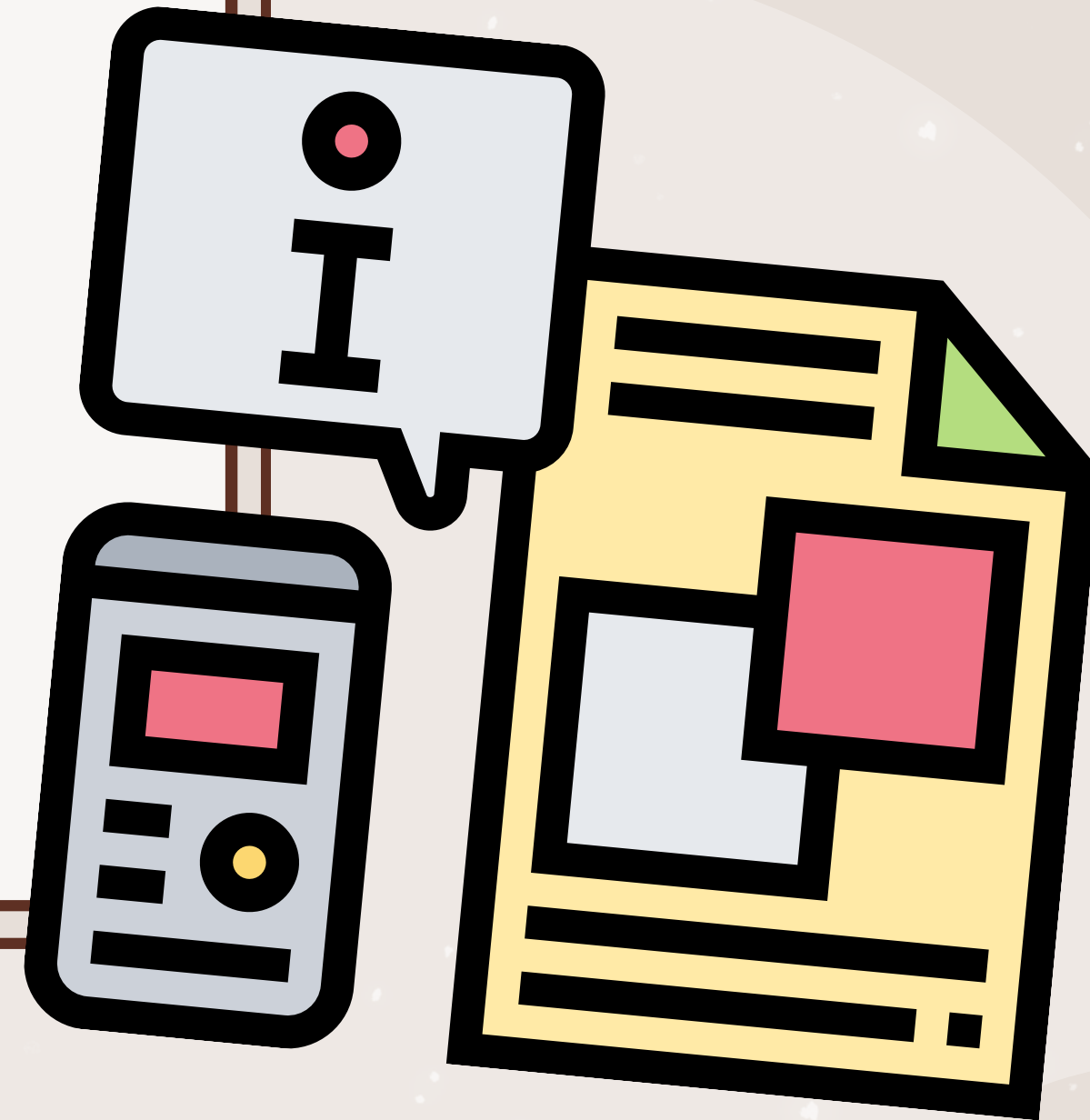
1. IDENTIFYING THE PROBLEM

- What exactly is the problem?
- Why should this problem be solved? Is it important?
- Who does this problem affect?
- Is there a deadline on how much time I have to solve this problem?



2. GATHERING RELEVANT INFORMATION

- What do I want?
- What do I need?
- What are my values?
- Find out more about the problem
- Get information



3. BRAINSTORM SOLUTIONS

- Give yourself time to think of solutions and think how they can be solved
- Ask advice of friends/teachers/parents to help the situation
- Come up with **THREE** possible solutions



4. IDENTIFY POSSIBLE CONSEQUENCES

- Each solution will have pros and cons to the situation if it will work or not- it is up to you to choose which way you would like to go



5. MAKE A CHOICE

- Pick a decision that makes the most sense
- Choose the solution that best solves the problem you are having
- Making a choice can be hard because you may think you are making the wrong choice
- Don't overthink your choice and believe in yourself
- We all learn from our mistakes



6. TAKE ACTION

- Create a plan for how you are going to follow through with your decision
- Figure out if you need help to put your plan into place or if you can do it on your own



**TAKE
ACTION**



7. EVALUATE THE OUTCOME

- Did things work out like you wanted them to? Or did they get worse?
- Pay attention to what worked and what didn't work
- How can we prevent the same problem from happening again
- What skills do I need to work on from here?

