

Slide 1

MAKING DECISIONS

Slide 2

Define It!

What are you trying to decide?

What's your **GOAL**?

This isn't the way you get to your goal ... it's the BIG picture.
Example: If you say, "I want to move out of my parent's house", remember that there are more than 1 ways to do that ... not just to a group home ... not just to an apartment with 3 roommates, etc....

Slide 3


List All Your
POSSIBLE CHOICES
("OPTIONS")

How many ways can you reach your goal?

GOAL: to get a pet
Options: There are different types of pets
Or ... if you can't have a pet, compromises:
Options: volunteer in animal shelter
Options: walk the neighbors dog, cat sit when they're away
Option: job in a pet store

Slide 4

Get the Facts



Is it possible?
What will happen if...?
Is it Safe? Expensive? Legal?
Painful? Fun? What else?

Can you really do what you want? How much do you know about it?

le: if you want to get married, so you know all the facts? (medical benefits, relationships, hidden costs??)

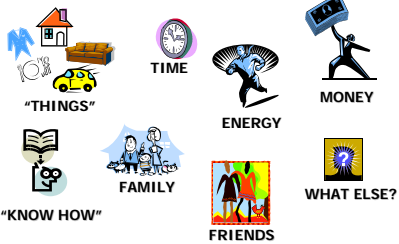
I want to be president of the United States

I want to go to the Moon

I want to own a house.

Slide 5

Know your RESOURCES
(what do you have, what can you get?)



"THINGS" TIME ENERGY MONEY
"KNOW HOW" FAMILY FRIENDS WHAT ELSE?

Resources aren't just "money".

Resources are also education, friends and spare time.

What are some other "resources" that people have?

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Know your PASSION



What's your dream?
What do you REALLY want?
What do you really NOT want?

What's in your heart?

What do you dream about most?

Slide 7

Know what you **NEED**




You can't always get what you **WANT**, but ...

You know the song, right??? If not, no worries, we'll **SING IT FOR YOU!** (any volunteers?) We all have things we "want". We can't have it all. We need to know what we really. If we **TRY**, we just might get what we **NEED**.

Slide 8

Create Your Own
"Decision Meter"




- Look at the
- FACTS + RESOURCES + PASSION + NEED**
- that you have for each of your choices

What things would **YOU** use to make **YOUR** decision?
What are the reasons you would or would not go for one of the options?

Slide 9

Weigh Each Option
with **Your** Decision Meter



Which choice will work for **YOU** ?

Remember, this is a personal choice. Your answer for yourself may not be the same as what another person thinks you need (or what that person thinks that **THEY** "need")

Slide 10

Select the Best




Pick the option that
RATES THE HIGHEST
on your Decision Meter

Pick what works best. Don't pick something just because you like it the most (or it would be the most fun, prettiest color, or taste better, etc)

The "best choice" is usually something that's possible to do. It's "realistic" because, if you make a choice that's impossible, you'll spend your whole life waiting for something that will never come, and you'll miss out on other great choices. What else makes one choice "the best"?

Slide 11

Review – Reflect – Redo



Look at your decision more than once

There are a few decisions that can't be undone, but all decisions have some "outcome". When you make one decision, it changes other things in your life. This doesn't mean you shouldn't make choices, but it's good to know the "consequences". And it's GREAT to know that you can usually change your mind!

Slide 12

Created By:
Advocates in Action
Box 41528
Providence RI 02940-1528
www.aina-ri.org

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