

STRUGGLE WITH MAKING DECISIONS?

POWERED BY SYSTEMS 24-7

2. LIST YOUR OPTIONS.

- Identify all the possible options and get more information if needed.

3. CONSIDER YOUR OPTIONS.

- What are the advantages and disadvantages of each option?

1. IDENTIFY THE DECISION TO BE MADE.

- What goals or end result do you want?

4. SELECT THE BEST SOLUTION.

- Choose the best solution and carry out the decision.

Whether deciding what to eat, how to work safely, how or if to exercise,

MAKE GOOD CHOICES!

5. EVALUATE YOUR DECISION.

- Did you decide carefully?
- Are you proud of your choice?

TO HELP, FOLLOW THESE STEPS OF THE DECISION-MAKING PROCESS