

# Decision-Making

DECIDE  
WHAT IT IS  
YOU REALLY  
WANT &  
MAKE A PLAN  
TO GET THERE.

# Decision-Making

- Decision making starts with **vision**.
- In order to set career and personal goals, take some time to think about the knowledge you have of yourself and **visualize** what you want your life to look like.



5 STEPS to MAKING GOOD

# DECISIONS

**STEP 1** Identify the decision to be made.

What goals or end results do you want?

**2** List your options.

Identify all the possible options and get more information.

**3** Study your options.

What are the advantages and disadvantages of each option?

**4** Make your decision.

Choose the best solution and carry out the decision.

**5** Evaluate your decision.

Did you decide carefully? Was it a good choice?

did  
it

# Decision-Making Group

## Activity



# Points to Remember

- You can always change your mind about a decision you've made.
- There is probably no **one** right choice; and few decisions are totally wrong.
- Deciding is a **process**, not a one-time event.
  - A decision may not have the consequences you expected, so you can start the process over again.
- There's a big difference between **decision** and **outcome**.
  - You can make a good decision based on the information at hand and still have a bad outcome.
  - The decision is within your control, but the outcome is not.
  - All decisions have the element of chance, risk.
- Think of the worst outcome. Could you live with that?
  - If you could live with the worst, then anything else does not seem that bad.
- You may want to talk with others, but eventually **you** must make up your own mind.
  - Sometimes it may be a good idea to talk to more than one person so that your information is not biased.
- Listen to your inner voice; trust your intuition. What **feels** right?
  - If you are making a decision that can have long time consequences, take your time. Don't rush and make an impulsive decision.

# Goal-Setting

**"If you want to live a  
happy life, tie it to a  
goal, not to people or  
objects."**

**-Albert Einstein**



# Goal-Setting

Goal-setting  
helps you  
**strive to  
achieve.**



# Why should I set a goal?

- Goals guide and direct behavior & help improve performance.
- Goals provide challenges and standards.
- Goals provide clarity & reflect what you consider important.
- Goals increase one's motivation to achieve.
- Goals help increase one's pride and satisfaction in your achievements.
- Goals improve your self-confidence.
- Goals help decrease negative attitude.

**YOU ARE**

**WHAT YOU**

**DO**

NOT WHAT  
YOU SAY  
YOU'LL DO

T/C-2

**ARE YOU  
HAPPY?**

**YES**

**NO**

**CHANGE  
SOMETHING.**

**DO YOU WANT  
TO BE HAPPY?**

**YES**

**NO**

**KEEP DOING  
WHATEVER  
YOU'RE DOING.**

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# What do you value?

- Going to college is a good decision.
- Finding a job right out of high school is more important.
- Finishing high school is important to me.
- Having a car is important.
- Liking my job is important.
- Living in a clean, safe area is important to me.
- It is important to have spending money.
- Having friends is important.
- Spending time with your family is important.
- Something other than what is listed above is of value.

How do

I do

this?

**S.M.A.R.T.**

**GOALS**

**SPECIFIC**

Who, What, When, Where, Why, How?

**MEASURABLE**

How will you know when you're done?

**ATTAINABLE**

**Is this realistic?**

**RELEVANT**

How does this fit into your life now?

**TIME-BOUND**

When will you achieve your goal?

What's your deadline?

# Example Goals

- During my 7<sup>th</sup> grade school year, I will exercise at least 3 times per week so that I am able to run 1 mile in 10 minutes or less by the end of the 4<sup>th</sup> quarter.
- Throughout the 7<sup>th</sup> grade school year, I will have no more than 1 missing assignment in each of my classes, in order to earn a 'consistently' for *completes class assignments & homework in a timely fashion.*
- During my junior year in high school, I will apply for and get a job, in order to begin saving at least \$10/week for college.
- By the end of my senior year in high school, I will have earned a 3.6 or higher GPA, so that I can be on High Honor Roll

**It's Your Turn  
to SET SOME GOALS!**

**" A GOAL  
WITHOUT  
A PLAN  
IS JUST  
A WISH "**

*AS*