

## UNIT 7: Decision-Making

## DECISION-MAKING WORKSHEET

We make lots of decisions every day. Most of our daily decisions are pretty easy and no big deal. A handful, however, can have important and maybe long-lasting consequences for us and others. So when we are about to make decisions it's a good idea to clear out the noise inside our brains.

BIG & SMALL  
DECISIONS

WILL I GET INTO TROUBLE?

WHAT TO EAT FOR LUNCH?

WHO SHOULD MY PARTNER FOR THE SCHOOL PROJECT BE?

SHOULD I DO HOMEWORK OR HAVE FUN?



Do the exercise below:

Check the answer below each of the following questions that best describes your decision-making ability.

**1** I am choosing to be calmer when making important decisions.

Yes

No

Some

**2** I use Freeze Frame for some decisions to help me get more clarity.

Yes

No

Some

**3** I know when I am making important decisions too much drama can get in the way of making the smartest decisions.

Yes

No

Some