

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 HOME WORK
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