

Making Decisions

Step 1 – What do you need to make a decision about?

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Step 2 – Whose responsibility is the decision?

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Step 3 - When does the decision need to be made?

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Step 4 – What else do you need to consider?

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Step 5 – What are your options? What are the advantages/disadvantages?

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Step 6 – The decision I have made is

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Step 7 – When will I carry out my decision?

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Step 8 – When I visualise my plan I feel:

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Carry out decision

Step 9 – What did I learn?

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