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D. Planning Ahead, Decision Making, and Problem Solving

You Have a Decision to Make.. 101
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YOU HAVE A DECISION TO MAKE ABOUT...

Possible Choices You Can Make

A

B

C

Consequences of Each Choice

Negative

Positive

Negative

Positive

Negative

Positive

WHAT IS YOUR DECISION?

L = Leads to
N = Next
FIVE STEPS TO DECISION MAKING

1. SEE THE SITUATION CLEARLY
   A. What are the facts?
   B. How do I feel about it?
   C. PEPSI CHALLENGE
      What physical, emotional psychological, spiritual and relationship things are influencing both the situation and me.

2. KNOW WHAT YOU WANT
   A. What are some possible outcomes that I could achieve?
   B. This is how I see the outcome I want most.
      (Describe or draw it.)
   C. How will the situation be different when I achieve what I want? How will I be different?

3. EXPAND THE POSSIBILITIES
   A. BRAINSTORM!
      What are the ways I can accomplish what I want? (Be creative!)
   B. What are some more ways I can accomplish what I want?

4. EVALUATE AND DECIDE
   A. Reasonable ACTIONS I can take to accomplish what I want
      | RISKS | POSSIBLE OUTCOMES | ODDS THAT I CAN DO IT |
      |-------|------------------|----------------------|
      |       |                  |                      |
      |       |                  |                      |
      |       |                  |                      |
      |       |                  |                      |
   B. These are the actions that seem desirable and practical.

5. ACT
   A. Specific GOALS (aims, directions)
   B. STRATEGIES
      (who, what, when, where, how)
   C. TACTICS
      (Details that need to be accomplished; timeline)

N = Next
P = Part
**IDEAL PROBLEM SOLVING**

**PROBLEM AREA:**

Identify the Problem

This is my specific problem:

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Describe Your Goal

This is what I want to do about the problem

This is my goal.

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Explore Different Ways of Reaching the Goal

These are some ways I might reach my goal.

(List as many ways of reaching your goal as you can think of.)

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Arrive at the Best Way

This looks like the best way to reach my goal.

(Put in the best one from the box above.)

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List Specific Steps You Will Take

This is exactly what I will do to reach my goal.

(List specific steps--what, where, when, how, and how often.)

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