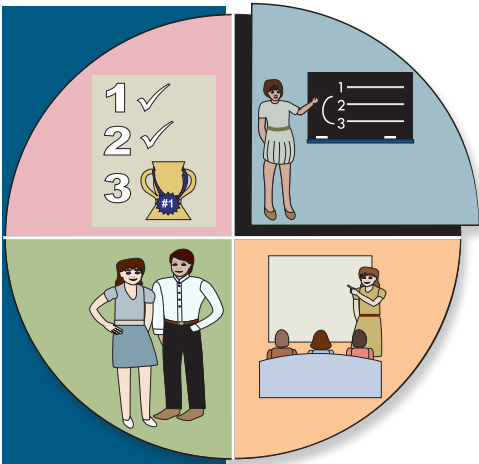


PLANNING & DECISION-MAKING

Making a Decision



THINK

Set the Goal

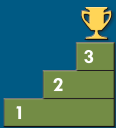
Think about how you make decisions.



PLAN

Take the Steps

Create a way using Think–Plan–Do to make your decisions.



DO

Make it Happen

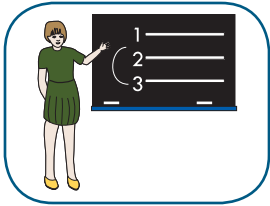
Take action on your steps and make important decisions.



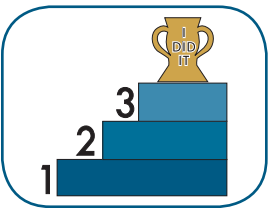
NAME _____



Decision Making Stories



THINK: Cindy, Lori, Tommy and Lisa wanted to learn new ways to make important decisions. They all made everyday choices like shopping, eating out, and going on a trip. They wanted to take charge and make major decisions about their future.

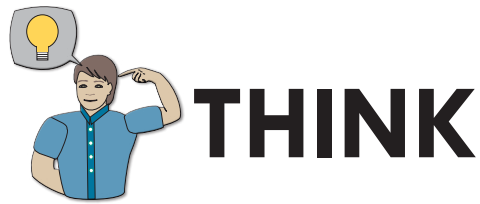


PLAN: Cindy, Lori, Tommy and Lisa started by focusing on something each of them wanted. They asked family and friends to help them figure out what they needed to do to accomplish their goals. Then they created steps to help them make it happen.

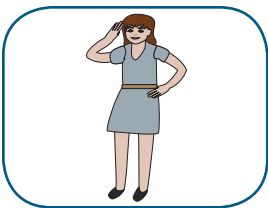


DO: Cindy, Lori, Tommy and Lisa followed their steps to decision making. Each one set a goal (Think), created a plan (Plan), and took action (Do) to make decisions that changed their lives.

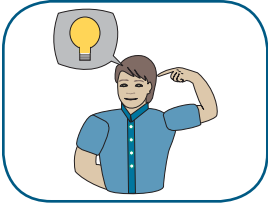
Setting the Goal



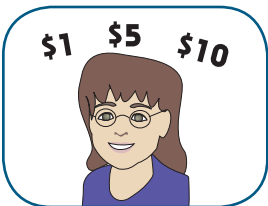
Why do I want to make my own decisions?



Why does thinking first, before taking action help me?



A decision I want to make:



Is it good for my future? Why?



Taking the Next Steps



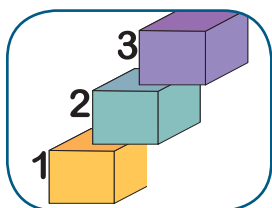
PLAN

Think – A decision I want to make:



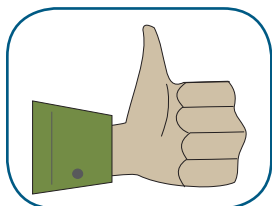
1. _____
2. _____
3. _____

Plan – Steps I will take:



1. _____
2. _____
3. _____

Do – What I need to do to make it happen:




1. _____
2. _____
3. _____

Making It Happen



I will start my plan:

 Date _____

Action steps:



1. _____

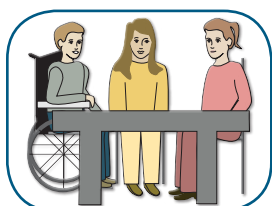
2. _____

3. _____

4. _____

5. _____

I will get support from:



Friend

Family

Support Person

Name: _____