



Decision Making and Problem Solving

Youth Self-Determination Series

Session 3-Decision-Making and Problem-Solving Process-Home Activity

SHORTER FORM

Follow the directions below. You can fill this out with words or pictures. Have your parents or guardian help with this process if needed.

Is the decision or problem a **BIG DEAL** or a **LITTLE DEAL**: _____

Step 1. The decision I need to make or problem I need to solve is:

Step 2 and Step 3. Think of 2 options you have to make your decision or solve your problem and think about pros and cons.

Option 1 is:

Pros:

Cons:

Option 2 is:

Pros:

Cons:

Step 4: Decide on the best option (or choice) and write down why this is your choice.

My best choice is:

I made this choice because (why):

Step 6: Think about how it worked out.

The decision I made did or did not work out because: