

UNIT 7: **Decision-Making**

WHAT HELPS YOUR DECISION-MAKING?

We make lots of decisions every day, big ones and small ones. We make many of them so quickly that we're not even aware of them. We make some good decisions and we regret others. Because our decisions have consequences, for us and others, it's a good idea to pay attention to them and learn from them so we can make smarter choices in the future.



From the list below, choose three attitudes, emotions or actions that you think will help you make *smart decisions*.

Use the boxes on the right to write in your choices, one per box.

Being calm

Slowing down on the inside

Waiting 24 to 48 hours

Reduce pressure

Study the decision

Getting wise feedback from other people