

WHAT GETS IN THE WAY OF SMART 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 *get in the way* of making smart decisions. Use the boxes on the right to write in your choices, one per box.

Going too fast on the inside

Making a decision too quickly

Pressure

Deciding without thinking

Feeling frustrated, afraid or angry

Not getting wise feedback from others