

Activity

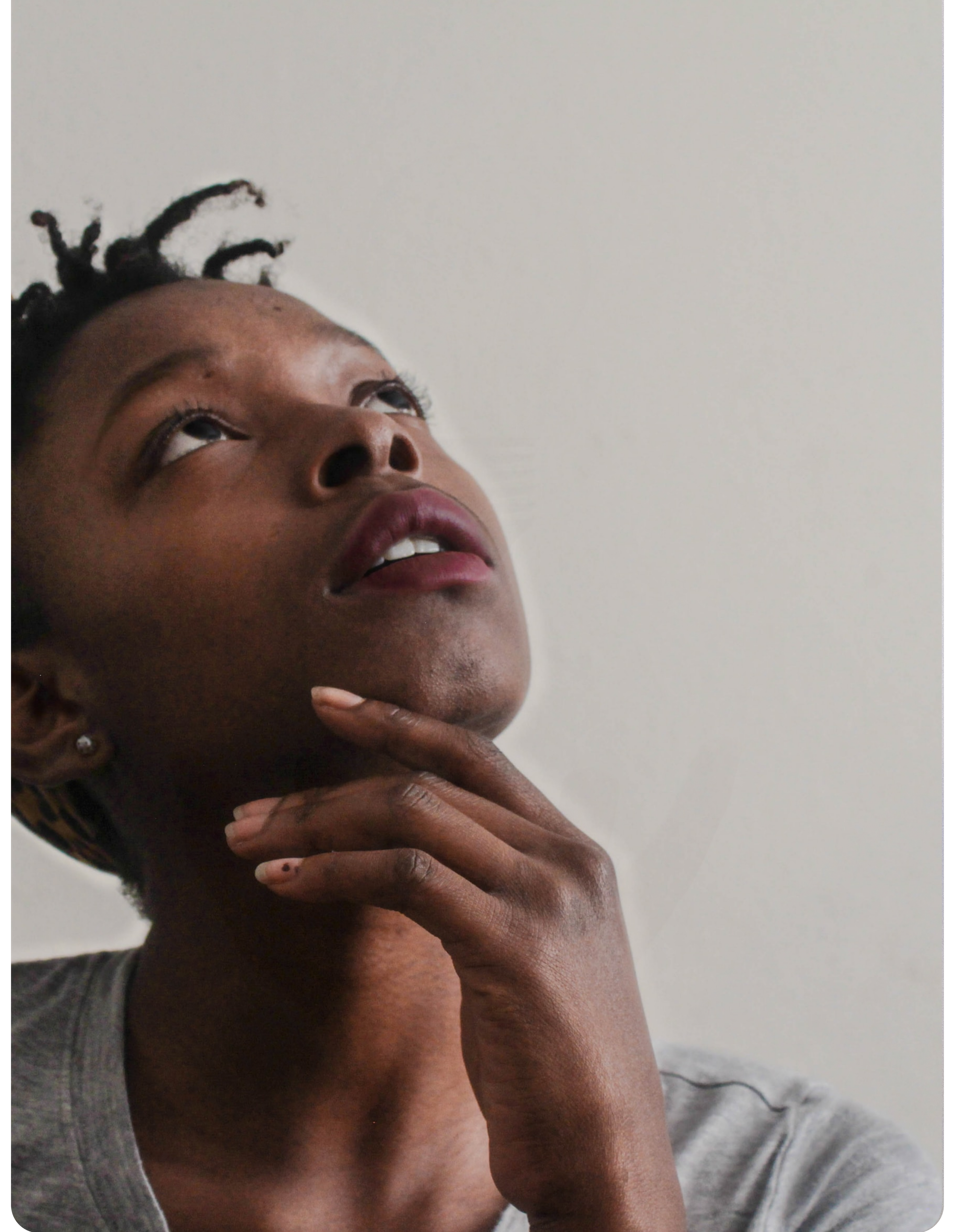
Decision Making 101

Making Decisions

Every day, each of us makes countless decisions, most of them of little importance.

Will I hit snooze on the alarm one more time? What cereal will I eat for breakfast? Will I do my homework tonight or put it off? You probably don't struggle much with these kinds of decisions. After all, they're part of ordinary life.

The bigger decisions, though, these can be tricky. Decisions about the future, like what career to pursue or what to study at university. Difficult interpersonal decisions such as how to stand up to a bully or handle conflict with a friend.



Why do we struggle with decision making?



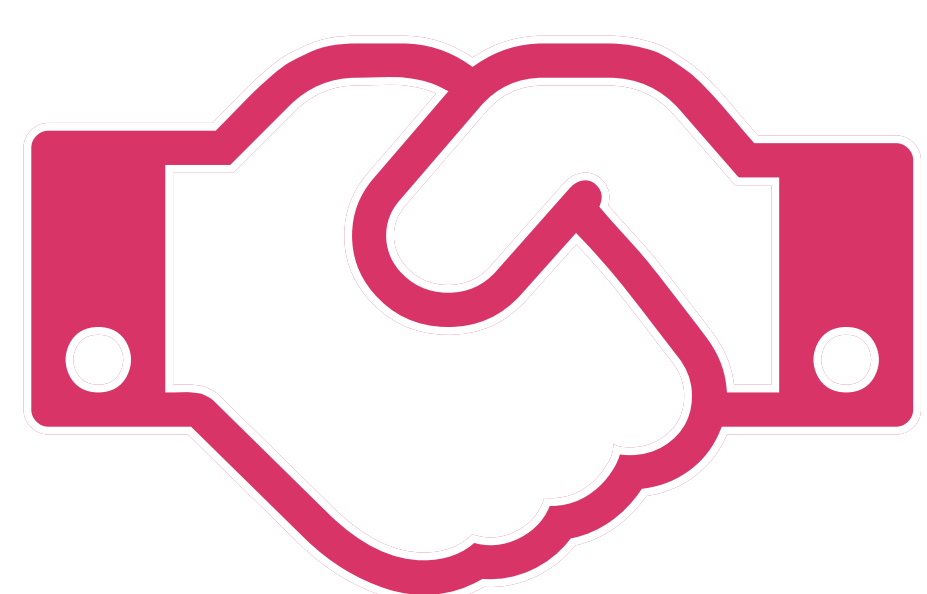
Risk-Averse Brains

Our ancient past was a dangerous place - staying away from risks is a trait we learnt to keep us safe!



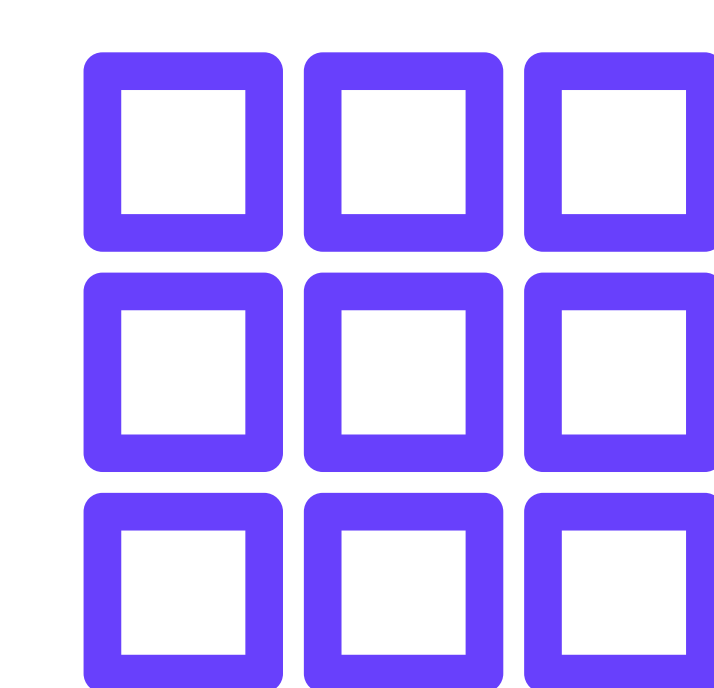
Fear

When deciding whether to take a leap of faith, sometimes failure seems like the worst thing that could ever happen.



Commitment

Often stopping us from making decisions is the fear of being locked into one! Fear of commitment is common, but very few decisions we make are permanent!



Decision Fatigue

When faced with lots of choices, sometimes we just can't decide! Ever endlessly scrolled through Netflix, not knowing what to watch?

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1

My Goal Is:

Write down a long-term goal you want to achieve.

Activity: Action Plan – Bouncing Back

Looking ahead is key to planning our decision making process, and helps us make better decisions in general. Any decision we make, ideal or not, just leads us to more opportunities! This is a good thing - any negative outcome can be 'fixed' by just another decision!

Initial Decision

In the box below, write the first action you would take in achieving your goal.

2

3

The Outcomes

Identify 3 potential outcomes of your initial decision: the best, the 'ok' and the worst!

Best Case

The 'OK'

Worst Case

New Best Case

New Best Case

4

Bouncing Back

How will you turn those 'not-ideal' outcomes into your new best-case scenario?