Five-Step Decision Making

Work through one real decision, alone or with someone you trust. Later, look back at how it turned out.

Name _____ · Date _____

Choose an area of transition in which you need to make a decision

☐ Housing ☐ Post-secondary education ☐ Employment ☐ Relationships

The decision I have to make: _____

Example (Employment): Should I take a weekend job or not?

Step	My notes
1. Identify the choice. What are my options?	
2. Consider your values and ethics. Values: the principles that you believe in. Ethics: the morals and beliefs that cause you to act a certain way.	
3. Consider others. Who else will this choice affect?	
4. Consider your goals. Which option helps me reach my goals?	
5. Make your choice! What I decided, and why.	

Afterward: reflect on your decision

What were the outcomes?

Did my decision hurt me or anyone else?

Were there other choices I could have made?

Did I make the right decision? ☐ Yes ☐ No ☐ Not sure

Tip: Big decisions take time. You don't have to decide alone. Talk it over with someone you trust before you make your choice.

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