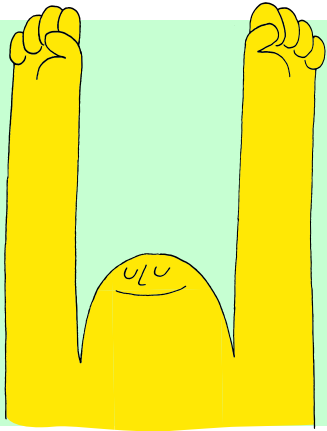

Make Good Decisions



DECISIONS CAN BE GREAT, BUT THEY CAN ALSO BE CHALLENGING—ESPECIALLY WHEN YOU HAVE MANY OPTIONS. WHEN YOU HAVE A BIG DECISION TO MAKE, IT CAN HELP TO WEIGH THE PROS AND CONS. THIS CAN HELP YOU TO MAKE THE BEST DECISION FOR YOU, IN THAT MOMENT, WITHOUT REGRETTING THE CHOICE YOU’VE MADE.

Discussion Questions

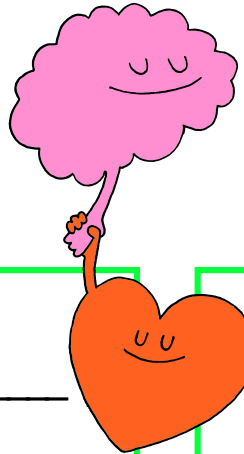
1. Identify a moment in your life when you had to make a big decision. What did you do to help you decide?

2. How do you make decisions?
Do you trust your gut?
Your head? Your heart?

3. Identify a moment in your life when you made the ‘wrong’ decision. If you could make this choice again, how would your new decision change the outcome of your situation?

Take Action

Write down one time when you made a decision by following your heart in the box below.



Write down one time when you made a decision by following your head. Which decision felt better? Share this as a group.

Handwriting practice box for decisions made by following your heart. It contains ten horizontal lines for writing.

Handwriting practice box for decisions made by following your head. It contains ten horizontal lines for writing.