



Power Talk for Families

Lesson 3-Decision Making Affects our Goals

In our Power of Choice lesson today, we talked about how decisions and their consequences affect our goals. Every day, we make decisions (or choices) that can move us closer to our goals or can take us farther away from our goals. Each time we make a decision, we go through a process to determine what the best choice will be.

Students talked about the Decision Making Model that will help them to make healthy decisions and move them closer to their goals.

- **Step 1- STOP & THINK**
 - Before making a decision, stop and think about possible options.
 - We want our decisions to have positive consequences as often as possible. Taking time to STOP and THINK can help us have a better plan
- **Step 2- PLAN**
 - Plan what you want to do. Picture the results. Think about the outcome you would like to happen as the result of the decision you are about to make.
 - If you have an idea about what you want to happen, you can plan what you should do to reach that outcome.
 - List your options and their consequences, keep in mind that your decisions can have both negative and positive consequences.
- **Step 3-DO IT!**
 - After you consider the consequences, it's time to act. Make your decision and follow through.
- **Step 4- EVALUATE**
 - After you have acted on your decision, it's time to evaluate how you did and ask yourself if you made the best choice. Did you get the result you planned? If not, what could you have done differently?

It's important to practice these skills so that your child will be ready when he/she has to face important decisions. Model the steps as you make important decisions in your life. Speak out loud about the process when appropriate. As a family, think of a situation in your child's life that would require them to make a decision. It can be a situation that they have already faced or one that they anticipate happening in the future. Talk about each of the steps in the Decision Making Model. Discuss several possible decisions your child could make and possible outcomes for each. All decisions have consequences, keep in mind that consequences can be positive or negative.

For more information on Decision Making and Goal Setting, check out this month's Parents Use Your Power newsletter at:

<http://thepowerofchoice.info/6-8/parents/newsletters/parents-use-your-power-newsletters/>