

# ✧ DECISION-MAKING MAGIC ✧

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Decisions:  
Definition, Types,  
Process and Benefits



# WHAT IS A DECISION?

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- A choice that is made about things that affect a person's life
- There are two types of decisions
  - Routine
  - Major





# ROUTINE DECISIONS

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- Are made on a day-to-day basis
- Don't require a lot of time to think through
- They can even become a habit in daily life
- For example, deciding...
  - What to wear in the morning
  - What to pack for lunch
  - Where to sit on the school bus

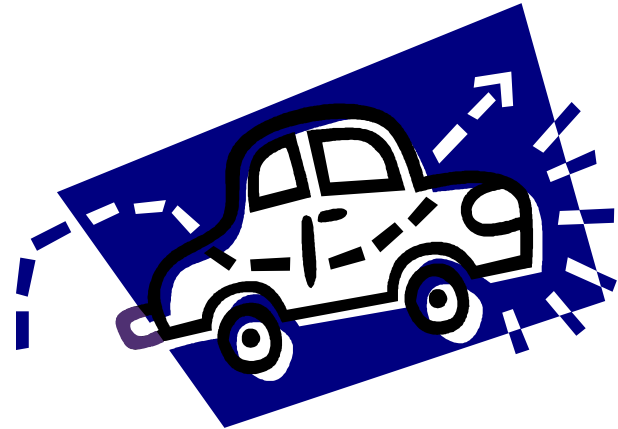




# MAJOR DECISIONS

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- Have long-term effects on a person's life
- Should be made very carefully and with a lot of thought
- For example, deciding...
  - What type of car to buy
  - To attend college

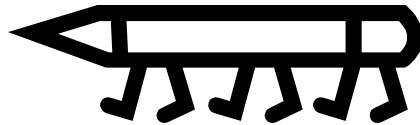




# YOUR DECISIONS

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- Think about some of the decisions you have made in the past week?
  - Write down one of those decisions on each of the three index cards.



- Are they routine or major decisions?
  - Share one of your decisions and explain whether it is a routine or major decision.

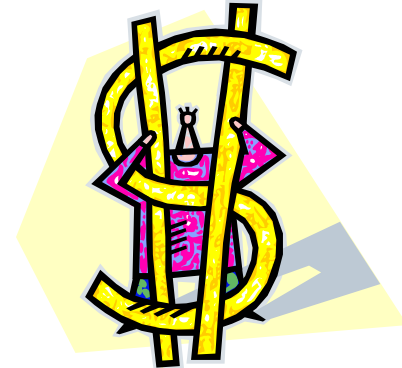




# FINANCIAL DECISIONS

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- A type of major decision
- Impacts an individual's or family's well-being
  - Well-being is the state of being happy, healthy, and prosperous
- For example...
  - Saving for a family vacation
  - Spending money wisely
  - Purchasing new items

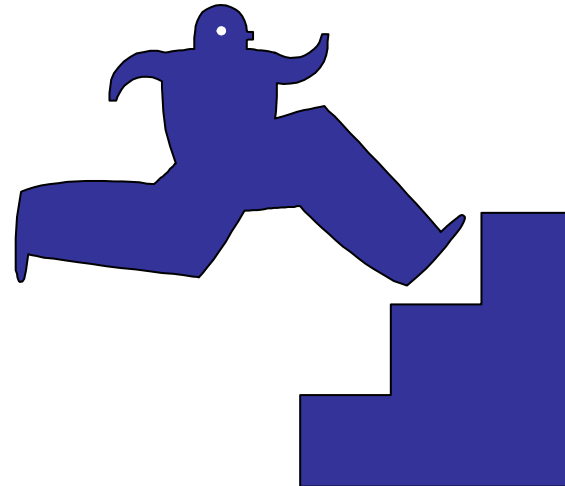




# DECISION-MAKING PROCESS

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- It guides individuals to think through all components of making a good decision
- STEPS:
  1. Identify the problem
  2. List alternatives
  3. Decide
  4. Evaluate the Results



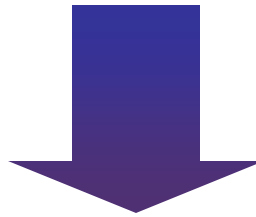


# STEPS

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## I. Identify the Problem

- o Know the problem or question before searching for an answer



## 2. List Alternatives

- o Brainstorm pros and cons for all of the possible choices

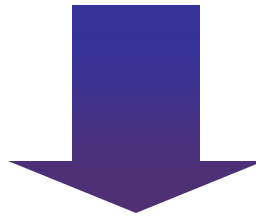


# STEPS CONTINUED

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## 3. Decide

- o Make the best choice after thinking about all of the consequences



## 4. Evaluate the results

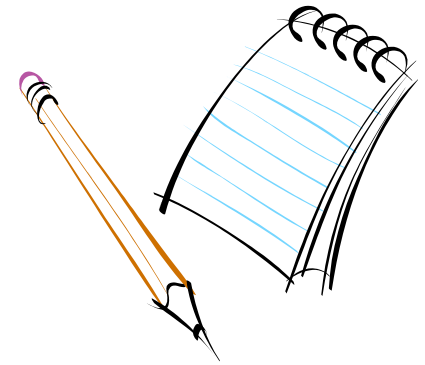
- o This will help in making better decisions in the future



# PRACTICE

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- Read the problem on your worksheet
- Work through each step of the decision making process
- Share your responses





# SO MANY CHOICES!

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- There are many different options to choose when making a decision



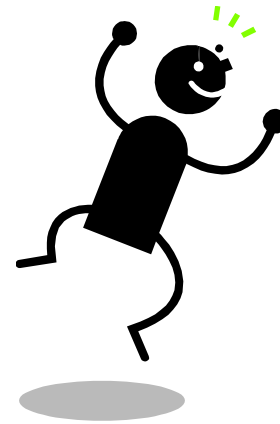
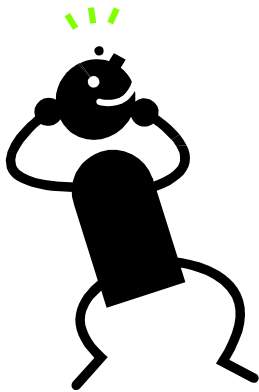
- Every option has a different consequence



# BENEFITS OF GOOD DECISION MAKING

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- When decision making skills improve, quality of life is enhanced
- Making better choices to your decisions results in better use of time, money and other resources





# VALUES

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- **Values** are fundamental beliefs or practices about what is desirable, worthwhile, and important
- People have different values that influence the decisions they make
- The decision-making process can be used to:
  - identify personal values
  - develop the best solution to a problem



# SUMMARY

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- Decision - a choice that will affect a person's life
  - Routine - everyday, simple decisions that can become habit
  - Major - big, complex decisions that should be thought out carefully
- Decision-Making Process
  - What are the steps?
- Remember... making good decisions enhances quality of life

