

Decision Making Worksheet for Adults

Identify the problem. What decision do you have to make?

List the options. What possible actions could you take?

Weigh the consequences. List the pros and cons of each option.

Consider your values. What is important to you?

Decide and act. Describe what you will do. Explain your decision.

Evaluate your choice. How do you feel about the action you took? Did you make a good decision? Would you take a different action if faced with the same scenario again? What did you learn?