

HOW TO MAKE a GOOD DECISION

HOW TO SOLVE a PROBLEM

COMPARE OPTIONS, pros cons, goals

1. What is the problem?

2. What do I want or need?

3. What are my options?

4. List all possible options (S1, S2, S3...). Brainstorm.

5. List all +pros. -cons. (c) concerns for each option.

6. What are my goals or needs?

7. Circle the + or - of the major pros and major cons, (⊕pro. ⊖con.)
- Feelings because Situation and Thoughts.
- (add “?” if uncertain)
- Look for the option that has many major pros and no major cons.      ⊕pro. ⊕pro. ⊕pro.
- Choose the best option with the best outcome, that best meets my goals or needs.

P. Problem:

S1.

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Strong emotion or an uncertain thought? → See page 2 bottom (B/BB)



## COMPARE OPTIONS

**PROBLEM:** (Feeling, Situation, Thought) \_\_\_\_\_

because \_\_\_\_\_

(want/need/goal) \_\_\_\_\_

**QUESTION:** \_\_\_\_\_

**SOLUTIONS, OPTIONS:** \_\_\_\_\_ (+maybe pro, IF uncertain)

S1. option1 → +pros. -cons: \_\_\_\_\_

S2. \_\_\_\_\_

S3. \_\_\_\_\_

S4. \_\_\_\_\_

S5. \_\_\_\_\_

S6. \_\_\_\_\_

main Goals, Needs, Values, Purpose: \_\_\_\_\_

specific **GOAL, NEED**, want: \_\_\_\_\_

criteria (if helpful): wise, Godpleasing, beneficial, Love

Solution: (best option) \_\_\_\_\_

Reason: \_\_\_\_\_

Step1: \_\_\_\_\_ Step2: \_\_\_\_\_ Step3: \_\_\_\_\_



B. Thought: T/F \_\_\_\_\_

BB. Truth: \_\_\_\_\_

BB. God says... \_\_\_\_\_

(?) = Important Question/Unknown → Research. (check credible sources for more information.)

R. Review Results. pro:What worked? con:What didn't work? Improve with new PS123-G, if needed.

P → S1, S2, S3 → Goal. PS123-G