

# Decision-Making Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Define the situation. What is the health-related decision that you need to make?

2. Look at your options and list them. You may have more than two options to choose from.

Option A: \_\_\_\_\_

Option B: \_\_\_\_\_

Option C: \_\_\_\_\_

Option D: \_\_\_\_\_



3. List the positives and negatives of each option.

	Option A	Option B	Option C	Option D
Positives				
Negatives				

4. Make your decision. Which option did you choose?

5. Evaluate your decision. Did you make the right choice?

