

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?

