

# Wellness Wednesday

November 20, 2024

## Make Good Decisions

All of us are confronted with various decisions to make on a daily basis. Some are small and of minor consequence, while others are huge and potentially life changing. Some are simple and obvious choices; others are more difficult and painstaking. Before making a



decision, gather as much relevant information as possible to assess your options. Make your decision when you are calm and collected, and never out of anger, fear, or sadness. But don't ignore those emotions either, we can be rational while also using our emotions in a meaningful way. Learn how to trust your gut. And don't try to be perfect, good enough is almost always good enough.

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**“Good decisions come from experience. Experience comes from making bad decisions.”**

**Mark Twain**

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# Decision Making Steps

## 7 Steps to Effective Decision Making

### Step 1: Identify the decision

You realize that you need to make a decision. Try to clearly define the nature of the decision you must make. This first step is very important.



### Step 2: Gather relevant information

Collect some pertinent information before you make your decision: what information is needed, the best sources of information, and how to get it. This step involves both internal and external “work.” Some information is internal: you’ll seek it through a process of self-assessment. Other information is external: you’ll find it online, in books, from other people, and from other sources.

### Step 3: Identify the alternatives

As you collect information, you will probably identify several possible paths of action, or alternatives. You can also use your imagination and additional information to construct new alternatives. In this step, you will list all possible and desirable alternatives.

### Step 4: Weigh the evidence

Draw on your information and emotions to imagine what it would be like if you carried out each of the alternatives to the end. Evaluate whether the need identified in Step 1 would be met or resolved through the use of each alternative. As you go through this difficult internal process, you’ll begin to favor certain alternatives: those that seem to have a higher potential for reaching your goal. Finally, place the alternatives in a priority order, based upon your own value system.

### Step 5: Choose among alternatives

Once you have weighed all the evidence, you are ready to select the alternative that seems to be the best one for you. You may even choose a combination of alternatives. Your choice in Step 5 may very likely be the same or similar to the alternative you placed at the top of your list at the end of Step 4.

### Step 6: Take action

You’re now ready to take some positive action by beginning to implement the alternative you chose in Step 5.

### Step 7: Review your decision & its consequences

In this final step, consider the results of your decision and evaluate whether or not it has resolved the need you identified in Step 1. If the decision has not met the identified need, you may want to repeat certain steps of the process to make a new decision. For example, you might want to gather more detailed or somewhat different information or explore additional alternatives.

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**Get Advice From The Verywell Mind Podcast**

Hosted by therapist Amy Morin, LCSW, this episode of The Verywell Mind Podcast shares a tip that can help you make better decisions.

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🔗 [verywellmind.com](https://www.verywellmind.com)

Before You Decide: 3 Steps To Better Decision Making | Matthew Confer | TEDxOakLawn



### *Travis Zen Den*

The Travis Zed Den is now open in the counseling suite!

Purpose of the Zen Den:

- Independent self-regulation
- Calming Space
- Time to de-escalate

The Zen Den is NOT designed for discipline concerns!

Students will be allowed to spend 25 minutes in the Zen Den when needed.

Teachers, if you have a student that needs time- please contact their counselor. We will let you know if/when the student can come. Please do not send students to the Zen Den unless a counselor has given permission.

Students may NOT use cell phones while in the Zen Den.

THE  
ZEN  
DEN

Please reach out to the counseling office if you have any questions!



**Travis High School**

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