

# The 5 Steps of Decision-Making

**1** Identify the decision that needs to be made and who can support you.

**2** List possible choices and predict possible outcomes.

**3** Make the decision.

**4** Follow through: make a plan, communicate your choice, connect with people who can support you.

**5** Reflect on the outcome of the decision.  
Possible reflection questions include:

*How did this decision make me feel?*

*Why did I make this decision?*

*What might happen next?*

*Did this decision affect others?*

*Did this decision align with my personal values and goals?*

*Would I make this decision again?*

*What do I want to remember the next time I make a decision?*

