



# Decision-Making Process

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

## Steps in the Decision-Making Process:

1. State the situation.
2. List the options.
3. Weigh the possible consequences and benefits.
4. Consider values.
5. Make a decision and act.
6. Evaluate the decision.

**Class Example:** \_\_\_\_\_

|  |              |          |
|--|--------------|----------|
| 1. State the situation.                          |              |          |
| 2. List the options.                             |              |          |
| 3. Weigh the possible consequences and benefits. | Consequences | Benefits |
|  |              |          |
| 4. Consider values.                              |              |          |
| 5. Make a decision and act.                      |              |          |
| 6. Evaluate the decision.                        |              |          |

Included with permission from the California After School and Healthy Kids Resource Centers' training: Raisins or Roll-Ups, What's Better for Me? (2009)



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips.