



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 for healthy tips.