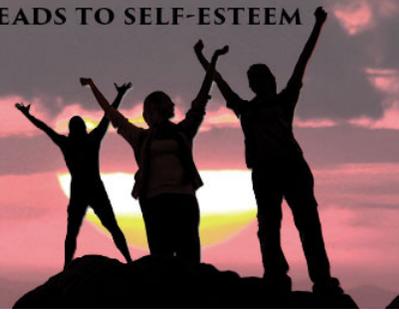


FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY
THAT LEADS TO SELF-ESTEEM



Module 6 – Worksheet 1

Good Decisions

***Good judgment comes from experience,
which comes from bad judgment.***

Making decisions is a part of everyday life. Decisions can be big or small, anything from where to go for lunch, to whether or not to get married, have a child, or change your career. Either way, you usually have an outcome you'd like to achieve. Sometimes you are successful and sometimes you are not. Regardless of the outcome, you have utilized and probably learned from the decision-making process you used to settle on a course of action. What is important is that you learn from the experience, so you will be able to repeat your success or avoid making similar errors in the future.

Decisions can be made on an intellectual, intuitive, or emotional basis. What's important is that you recognize how you make decisions and what process feels most comfortable for you. You also always need to know that with any decision, you did the best you could at the time with *the information and resources available*.

It is not right to use hindsight, and the new information that comes with that, to chastise yourself for a decision whose outcome was not what you desired. If the outcome was not the desired one, learn from the experience and *be gentle with yourself!*

Making decisions that work for you makes you feel good about yourself. It reminds you what a capable, competent person you really are. Making unwise decisions can also reinforce your sense of self-worth if you choose to learn and grow from them.

Exercise: Good Decisions:

Take a few minutes to reflect on your life, and think of several decisions you have made. Look at the process you used to arrive at these decisions (intellect, intuition or emotion). How did you decide to proceed? Did this eventually prove to be a wise or unwise choice? What did you learn about yourself through the process? In the space below write your thoughts and feelings regarding these decisions.

Decisions:

How I arrived at these choices:

Why these decisions have worked or not worked in my life:

What knowledge have I gained from making these decisions?:

What I have learned about myself through this process:

Reflections on Decisions

- All decisions are part of the learning process
- If you learn from a 'bad' decision, it's still a success.
- Decision-making reinforces how capable and competent you really are.