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What is Decision Making

Mastering Decision Making: Choose Wisely for a Bright Future!

DEFINITION

> Decision making is the process of choosing between options to solve a problem or reach a goal. It involves thinking about the consequences of each choice.

KEY CONCEPTS

Identifying Options

Recognize different choices available to you before making a decision.

Weighing Pros and Cons

List the advantages and disadvantages of each option to evaluate them better.

Setting Goals

Understand what you want to achieve to guide your decision making.

Considering Consequences

Think about the short-term and long-term effects of your choices.

Making a Choice

Select the option that best aligns with your goals and values.

EXAMPLES

→ Choosing what to wear based on the weather.

→ Deciding whether to play outside or finish homework first.

→ Selecting a snack based on health and taste.

MEMORY TIPS

★ Use the acronym 'POET' for Pros, Options, Effects, and Take action.

★ Visualize a scale to balance pros and cons.

★ Think of decision making as a treasure map: each choice leads to a different path.

COMMON MISTAKES

✗ Rushing to a decision without considering all options.

✗ Ignoring the consequences of choices.

✗ Letting emotions dictate decisions instead of logic.

QUICK RECAP

Decision making is about choosing the best option to solve a problem. Remember to weigh pros and cons, consider consequences, and align choices with your goals.