

Weigh Your Options (Exercise 6.1)

Everyone makes decisions every day. Some decisions are easy. Some decisions are more complicated. It is easy to feel overwhelmed. If you cannot make a decision, use this exercise.

Directions: In an important decision, start by listing the options you are considering. Then list the pros and cons of each option. Finally, look at each option and its pros and cons. Which ones have more pros than cons? Rank them in order by which ones have the most pros for you (1 = highest). It may help if you ask someone else to look over these options.

Decision: _____

Options	Pros	Cons	Rank
1.			
2.			
3.			
4.			
5.			