

Do you know your life is full of decisions? Even getting up in the morning involves a decision! With each decision there is a result, or a consequence. The results of some decisions are good, and the results of other decisions may be bad, depending on the decision you make.

*"Decision" means choosing among two or more possibilities. In order to make a decision, you must have a choice.*

### LEVELS OF DECISIONS...

Not every decision is as important as another. Decisions have different degrees of importance, depending on how they will affect our lives in the future. There are basically three levels of decisions that affect you.

#### Level One: Daily, basic decisions

Even basic decisions can vary in importance. Some results (whether good or bad) affect our future more than others.

Example: *Brushing my teeth.* This will affect me and those around me until I do brush them.

Example: *Getting up in the morning.*

If I don't get up and go to school or to work, I may not pass my classes, or I will not get paid. I may even fail my class or lose my job.

If I *do* get up, I will have a better chance of passing my class, or keeping my job and having the money I need.

**Below, write five daily (basic) decisions you have made in the last 24 hours.**

- 1.
- 2.
- 3.
- 4.
- 5.



#### Level Two: Short-term decisions

When taking our entire life into consideration, the effects of the short-term decisions we make last for short periods of time. Cars we own come and go. A school subject in high school or college only lasts for a few months. We may do well, or we may not do well, but it will be over in a short period of time.

**Write down three short-term decisions you have made in your life:**

- 1.
- 2.
- 3.

Were the results good or bad? Write "G" beside any good ones and "B" beside bad ones. What made these decisions good or bad?

#### Level Three: Long-term decisions

Long-term decisions are usually very important. What makes a decision important? One or more of the items in the box below make a decision an important one.

- The decision has something to do with what you will or won't be able to do in the future.
- The decision affects other people besides yourself.
- The decision is important to you.
- The decision is difficult to decide immediately.

Some examples of long-term decisions might be:

- Who and when to marry
- Whether to attend college and which college to attend
- Whether to become sexually-involved with another person
- When to have a child

**Write down any long-term decisions you have made, or are going to be making in the near future:**

- 1.
- 2.
- 3.

**Here are guidelines to consider when you have to make important decisions:**

- Don't undersell yourself. Know that you are valuable and have abilities. Think about what you do well.
- Have goals for your life.
- Plan and take small action steps to reach your goal.
- Be the kind of person on whom nothing is lost. The strongest people often are the ones who have had tough breaks in their lives, but learned from them. Persevere.
- Think ahead. Have a "Plan B" if "Plan A" doesn't work.
- Be committed to what you know will help you in the future.
- Stay away from decisions that are made from your emotions.
- Look forward to tomorrow.



# Making Good Decisions

Guidelines for  
making Important  
Decisions



#### OTHER LIFE CHANGING BROCHURES:

- ABC's Of Being A Good Father
  - Dealing With Anger
  - Five Myths About Adoption
- Is Adoption An Option For My Baby & Me?
- Is Single-Parenting An Option For My Baby & Me?
  - Life Choices
- 10 Commandments For Parents
- The One: Ten Steps To A Committed Relationship
  - What Is A Father?

This and other titles on parenting, adoption, decision-making, and relationships are available from Loving & Caring. Visit [www.lovingandcaring.org](http://www.lovingandcaring.org) for more resources.

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Guidelines for  
making Important  
Decisions

**To earn 1 Baby Buck:**  
*Answer all questions in the pamphlet. (Do not write a report.)  
Must review it with a volunteer.*

