**Making Decisions**

Often we make decisions with little examination or thought of possible consequences. This generally isn’t done intentionally to annoy others; often we just don’t have the tools to make the right choices.

When completing the following activities, make sure to really think about the choices you make and why you have made them.

Think about the 12 factors below and how important they are to you and people in general.

Individually rank them (1 to 12) in the order of importance.
Then in a small group, or as a class rank them again

**Individually**

\_\_\_\_\_\_ Family

\_\_\_\_\_\_ Recreation

\_\_\_\_\_\_ Friends

\_\_\_\_\_\_ Alone time

\_\_\_\_\_\_ Exercise/Sport

\_\_\_\_\_\_ Time for what I love to do

\_\_\_\_\_\_ Nutrition/Food

\_\_\_\_\_\_ Variety of activities

\_\_\_\_\_\_ Sleep

\_\_\_\_\_\_ Learning

\_\_\_\_\_\_ Responsibilities

\_\_\_\_\_\_ Good manners

**Group**

\_\_\_\_\_\_ Family

\_\_\_\_\_\_ Recreation

\_\_\_\_\_\_ Friends

\_\_\_\_\_\_ Alone time

\_\_\_\_\_\_ Exercise/Sport

\_\_\_\_\_\_ Time for what I love to do

\_\_\_\_\_\_ Nutrition/Food

\_\_\_\_\_\_ Variety of activities

\_\_\_\_\_\_ Sleep

\_\_\_\_\_\_ Learning

\_\_\_\_\_\_ Responsibilities

\_\_\_\_\_\_ Good manners