

Decision Making

Problem:

Potential Solution:

Advantages	Disadvantages	Neutral

Questions to think about when evaluating advantages and disadvantages:

- How will this solution affect my own wellbeing? (physical, emotional, psychological)
- How much time and effort will it require? • Are there any financial costs or benefits?
- How does it fit in with my other goals and commitments?
- How will it affect the wellbeing of the people who are close to me?
- Is the solution feasible?