



DECISION MAKING THE STRIVE WAY

THE NINE STEP DECISION-MAKING PROCESS

1. Define to the best of your ability the decision that needs to be made. Determine whether it is really your decision and why it is important to you.
2. Write as many alternative responses as you can think of. Don't be judgmental with yourself. Let your imagination run free. You can eliminate alternatives later in the process.
3. Research the alternatives. If you only came up with a few, you may want to check with trusted friends, family members, professional organizations, etc., to find out whether there are other alternatives available to you.
4. Sort through all the alternatives. You may want to rank them according to your values. Cross out those that conflict with your values.
5. Visualize the outcome of each remaining alternative. Picture how this outcome would look and how you would feel. You may be able to cross out more alternatives.
6. Do a reality check. Which alternative is the most realistic? Which are most likely to happen? Cross out those that are unrealistic.
7. Make the decision. Review remaining possible choices and outcomes and decide which one feels most comfortable. Sometimes the choice seems right, but not the outcome. Other times, the choice seems hard, but you know the outcome is right.
8. Just do it. After you have made your decision, get going on it. Do not worry or second-guess yourself. Remember, you can usually change your mind later.
9. Review how it is going. At some points along the way, check to find out whether the outcomes are what you expected. You may need to make some adjustments. Do you have enough information to know if you need to make adjustments? What else do you need to know?