



1-4 Strategies for Personal Development



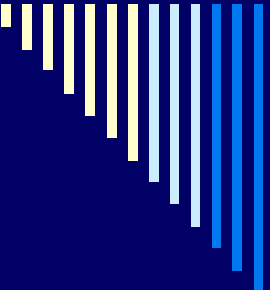
What Contributes to Quality of Life?

- Good Health
 - Environmental Factors
 - Emotional Closeness
 - Social Ties
 - Educational Opportunities
 - Satisfying work
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What Roadblocks May Lie Ahead?

- Roadblocks may be temporary or permanent
 - Most are opposite of factors that make for a quality life
 - Poor health
 - Abuse
 - Lack of self-esteem
 - Stress
 - Violence
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What Tactics Can Aid Personal Development?

- Learn management skills
 - **Management:** wisely using means to achieve goals
 - You are responsible for making choices and decisions that will move you toward your goals.
 - Learn to solve problems
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What Tactics Can Aid Personal Development?

□ Learn to make decisions

- **Decision:** a conscious or unconscious response to a problem or an issue
 - Impulsive decisions: made on the spot
 - Habit: causes you to make daily decisions
 - **Emulation:** do what most of the people around you doing
 - Creativity: motivator for decisions
 - Default: not making a decision
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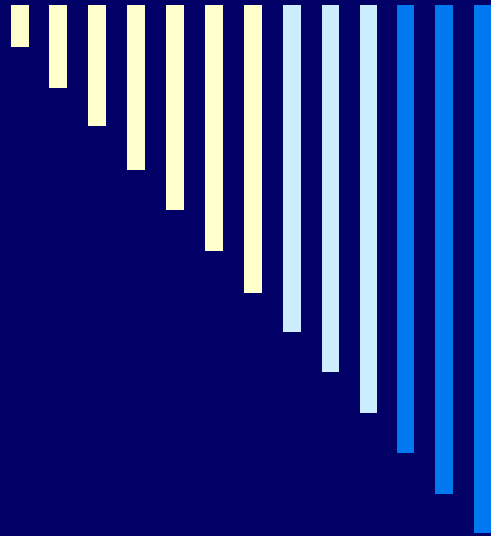
Decision Making Skills

- Each day you are making decisions that affect your health and safety
 - These steps/skills enable you to make healthful decisions
 - These steps are designed to help make decisions that protect your rights and health as well as others rights and their well-being
 - *Do Now: What goals have you set for yourself in this class? What steps do you need to do to reach them?*
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Decision Making

- **Decision making process:** a set of logical steps to follow when making complex decisions
 - 1. Define the problem or decision
 - 2. Establish your goals
 - 3. Prioritize your goals
 - 4. Look for resources
 - 5. Identify alternatives
 - 6. Make a decision
 - 7. Carry out the decision
 - 8. Evaluate the results of your decisions
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How to Evaluate Decisions in a few shorter steps





Basic Step 1: State the Situation

- Examine each situation and ask yourself:
 - What decisions need to be made?
 - Consider all the health information given or known to you, each consequence, and who else may be involved or affected
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Step 2: List the Options

- ❑ What are the possible choices you could make? Both positive and negative
 - ❑ Share your options with parents, guardians, siblings, teachers, or friends
 - ❑ Remember that sometimes the best decision is NOT to take action
 - ❑ Don't be afraid to ask for advice
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Step 3: Weigh the Possible Outcomes

- Weigh out the consequences of each option

Think HELP:

- H(Healthful) What are the present health risks, if any?
 - E(Ethical) Does this choice reflect what you and your family believe is right?
 - L(Legal) Does this choice break any local, state, or federal laws?
 - P(Parent Approval) Would your parents/guardians approve of this choice?
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Step 4: Consider Values

- ❑ Values are the attitudes, ideas and beliefs about what is important and guides the way you live
 - ❑ A responsible decision will depend on, and reflect on your values
 - ❑ Values are influenced by factors such as your cultural upbringing , religion, the attitudes of your parents, brothers/sisters, friends, what you see in the outside world (TV, newspaper, school)
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Step 5: Acting on Decision Made

- Use all the present information you know and have gathered to make a responsible decision
 - Careful thought and preparation about your options, both positive and negative; as well as what the present situation is, or might turn out to be, is the cornerstone of making a good decision
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Step 6: Evaluate the Decision

- After you've made a decision and taken action, reflect on what happened
 - Key Questions :
 - What was the outcome? Good / Bad?
 - How did your decision affect your health and the health/well-being of others
 - What did you learn from the decision?
 - Would you make the same decision again?
 - If not, what would you change?
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Influences on Your Behavior and Decisions

- Your family's culture and traditions
 - Demographics: the character of a population such as age or income
 - Economics
 - Remember your decisions also influence others
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