

## 1-4 Strategies for Personal Development

### What Contributes to Quality of Life?

- Good \_\_\_\_\_
- \_\_\_\_\_ Factors
- Emotional \_\_\_\_\_
- \_\_\_\_\_ Ties
- \_\_\_\_\_ Opportunities
- Satisfying \_\_\_\_\_

### What Roadblocks May Lie Ahead?

- Roadblocks may be \_\_\_\_\_ or \_\_\_\_\_
- Most are \_\_\_\_\_ of factors that make for a quality life
  - Poor \_\_\_\_\_
  - \_\_\_\_\_
  - Lack of \_\_\_\_\_ - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

### What Tactics Can Aid Personal Development?

- Learn management skills
  - \_\_\_\_\_: wisely using means to achieve goals
  - You are responsible for making \_\_\_\_\_ and \_\_\_\_\_ that will move you toward your \_\_\_\_\_.
- Learn to solve \_\_\_\_\_
- Learn to make \_\_\_\_\_
  - **Decision:** a \_\_\_\_\_ or \_\_\_\_\_ response to a problem or an issue
  - \_\_\_\_\_: decisions: made on the spot
  - \_\_\_\_\_: causes you to make daily decisions
  - \_\_\_\_\_: do what most of the people around you doing
  - Creativity: \_\_\_\_\_ for decisions
  - \_\_\_\_\_: not making a decision

### Decision Making Skills

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

### Decision Making

- \_\_\_\_\_: a set of logical steps to follow when making complex decisions
  - 1. Define the \_\_\_\_\_ or \_\_\_\_\_
  - 2. Establish your \_\_\_\_\_
  - 3. \_\_\_\_\_ your goals
  - 4. Look for \_\_\_\_\_
  - 5. \_\_\_\_\_ alternatives
  - 6. Make a \_\_\_\_\_
  - 7. \_\_\_\_\_ the decision
  - 8. \_\_\_\_\_ the \_\_\_\_\_ of your decisions

## How to Evaluate Decisions in a few shorter steps

### Basic Step 1: State the Situation

- \_\_\_\_\_ each \_\_\_\_\_ and ask yourself:
  - What \_\_\_\_\_ need to be made?
- Consider all the health \_\_\_\_\_ given or known to you, each \_\_\_\_\_, and who else may be \_\_\_\_\_ or \_\_\_\_\_

### Step 2: List the Options

- What are the possible \_\_\_\_\_ you could make? Both positive and negative
- Share your \_\_\_\_\_ with parents, guardians, siblings, teachers, or friends
- Remember that sometimes the best decision is \_\_\_\_\_ to take action
- Don't be afraid to ask for \_\_\_\_\_

### Step 3: Weigh the Possible Outcomes

- Weigh out the \_\_\_\_\_ of each option Think HELP:
  - H(\_\_\_\_\_) What are the present health risks, if any?
  - E(\_\_\_\_\_) Does this choice reflect what you and your family believe is right?
  - L(\_\_\_\_\_) Does this choice break any local, state, or federal laws?
  - P(\_\_\_\_\_) Would your parents/guardians approve of this choice?

### Step 4: Consider Values

- \_\_\_\_\_ are the attitudes, ideas and beliefs about what is important and guides the way you live
- A responsible decision will \_\_\_\_\_ on, and \_\_\_\_\_ on your values
- Values are influenced by factors such as your \_\_\_\_\_ upbringing, \_\_\_\_\_, the attitudes of your \_\_\_\_\_, brothers/sisters, \_\_\_\_\_, what you see in the outside world (TV, newspaper, school)

### Step 5: Acting on Decision Made

- Use all the present information you know and have gathered to make a \_\_\_\_\_ decision
- Careful thought and preparation about your options, both \_\_\_\_\_ and \_\_\_\_\_; as well as what the \_\_\_\_\_ situation is, or might turn out to be, is the cornerstone of making a good decision

### Step 6: Evaluate the Decision

- After you've made a decision and taken \_\_\_\_\_, reflect on what \_\_\_\_\_
- Key Questions :
  - What was the \_\_\_\_\_? Good / Bad?
  - How did your decision affect your \_\_\_\_\_ and the health/well-being of others
  - What did you \_\_\_\_\_ from the decision?
  - Would you make the \_\_\_\_\_ decision \_\_\_\_\_?
  - If not, what would you \_\_\_\_\_?

### Influences on Your Behavior and Decisions

- Your family's \_\_\_\_\_ and \_\_\_\_\_
- \_\_\_\_\_: the character of a population such as age or income
- \_\_\_\_\_
- Remember your decisions also \_\_\_\_\_ others