

PAST DECISIONS

Now, think back over the past week or month and list below some decisions you made. Try to include some decisions in each of the following areas:

- Personal and social decisions
- Health and safety decisions
- Educational and career decision
- Moral and ethical decision
- Common, everyday decision

-Using the same scale as
-in the previous table,
indicate the appropriate
decision category for your
list.

DECISIONS	CATEGORY
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____

What did you learn from this exercise?

Were some of your decisions automatic?

Are there many decisions out of your control?

What kind of decisions were given a lot of thought?

Were some important decisions not on these lists?
