

4 The DECIDE Process

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| D | DEFINE the problem | Look carefully at the decision you are facing. |
| E | EXPLORE alternatives | Make a list of possible alternatives. |
| C | CONSIDER the consequences | Think through the consequences of choosing each alternative. |
| I | IDENTIFY values | Which choice is most in line with your values? |
| D | DECIDE and act | Decide which alternative is best for you. |
| E | EVALUATE results | Sometime after you have put your decision into effect, take time to review it. |