***-Decision Making-***

***Power Up Whole Athlete***

Dr. Amy Hummel c:717-413-3655

amy.powerupwholeathlete@gmail.com

Have you ever heard someone say they needed to make a decision and they "just knew" the right decision? In life, there are big and small decisions... "What will I eat for dinner?" is much different from "What college do I want to attend for the next four years?" Not many teens have had to make what we call the "big decisions." This session we will target how to go about making big life decisions.

**The Power of Choice**

What’s a time you felt like you were in a situation when you had no choice? How did you feel about the outcome?

What’s a time when you felt overwhelmed by all the choices? What happened? How did you decide?

What have you noticed about yourself as a decision-maker? Do you make a decision as fast as possible, so you can get rid of the uncomfortable feeling of uncertainty? Do you drag your feet, stuck in the endless possibilities? Are you confident? Notice your go-to way of deciding. Write about it in the space below.

What’s the last decision you made that you’re really proud of?

**Noticing your body during decision making**

What do you notice that happens in your body when faced with big decisions?

If you feel any of the following mentioned in the talk (fear, anger, helpless, need to compare, pressure), ask yourself where you might have learned that? What events have taken place to include fear/anger/comparisons to make decisions.

**Activity: Gold & Truth**

Gold= Goals & Dreams (tangible things, like a job you want to have)

Truth= Vision for your life (ideal self, the type of person you want to be)

1. If I had three wishes, what would they be?
2. What kinds of people do I want in my life?
3. What do I want to accomplish in the long term?
4. What do I fear?
5. What do I hate?
6. Write 5 things you want most & 5 things you don’t want

\*\*Notice your answers in this section and use the information to guide you in future decisions of the general direction you want your life to go

**Keys for tapping into your “gut”**

Circle the things you’d like to try! - Going on a walk or hike – Painting – Yoga – Coloring—

Meditation—Prayer—Cutting back on schedule—Talking to someone trustworthy

**Rational mind**

If you have a big decision, use the old, go-to format to cross check your gut! Do a pro-cons list for your options in the space below…