

Sometimes, when we think of making choices, we think of big life things: Picking a job. Deciding to go to college. Learning to drive. Starting a relationship. Going to the doctor.

These are big decisions for sure... but did you know you're making choices every single day? The little choices we make every day might not feel like a decision, but they are!

The little decisions we make every day show us that we are decision makers already. Sometimes it's difficult to see those small decisions, so to help we made a little checklist. Ask yourself these questions, and see how many decisions you are already making.

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When I think about my health and hygiene, I make decisions like:

Choosing what I eat for dinner

If I brush my teeth in the morning and night

When I take a shower

What clothing I want to wear

How I get my hair cut

What other small decisions do you make about your health and hygiene?



When I think about fun and entertainment, I make decisions about when I do things, and what I do, like:

What videos, movies, and TV I watch

What kind of hobbies I have (sports, art, music, technology)

How I express myself: (My clothing style, hair style, how I decorate my room)

Deciding to start a new hobby or activity

Who I hang out with

What other small decisions do you make about your fun and entertainment?



When I think about my friends and relationships, I make decisions about them like:

Who I'm friends with

Who do I go to for advice

When I want to be around other people, and when I want to be alone.

Who do I tell my feelings and thoughts to

How and when do I talk to people (Text message, call them on the phone, in person)

What other small decisions do you make about your friends and relationships?



Part 2: Daily Examples

Here are some ideas of decisions you might already be making in your life.

Eating: When you get hungry, do you just wait for someone to give you food, or eat the first thing you see? Or do you think about what you feel like eating, what you have, or what's good for you? Those are all decisions you make every day.

Dressing: Think about how you pick what to wear when it's hot outside. Do you pick a coat and long pants? Probably not - you might choose shorts or light clothes to keep cool. It might feel like just doing what's obvious, but it's a choice you're making because of the weather.

Watching TV: When you pick something to watch, do you think about what you feel like watching? How long do you have to watch it? If you can watch it or not? These are all parts of the decisions you make about what you're going to watch.

Listening to Music: When you pick a song, do you think about how you're feeling, what the song is about, or what you're doing while you listen? Those are things you think about when choosing what you want to hear.

Talking to Friends: When you want to talk to a friend, do you text, call, email, or meet up with them? Do you pick differently depending on what you want to talk about and why? That's a decision about the best way to communicate for you at that time.

Taking Care of Yourself: Remember when you took a rest because you were tired, or had a drink because you were thirsty? How about when you needed a shower or wanted to brush your teeth? That was you making a health choice.

Having Free Time: When you have some time to yourself, what do you do? Do you play games? Go outside? Chat with someone? Every time you pick one thing instead of another, you've made a decision about your life.

Setting Goals: Think about a goal you've set for yourself. Maybe it's learning a new song, drawing a picture, or finishing a book. The way we achieve goals like this are by making many decisions along the way. Like picking which colors you want to use for a picture, or how we will find the book we want.



Using Your Phone: Ever ignored a call because you were busy, or texted instead of called because it was easier? That's a decision about how you talk to people and what you can handle.

Picking Friends: Choosing who to spend time with, who to trust, or who to invite over for a movie night - those are choices about who your friends are and how much they mean to you.

Decorating Your Room: Ever moved things around in your room or put up a new poster because it felt good? That's you making decisions about your space and what you want in it!

See how many decisions you're already making each and every day!

As a Decision maker, there are other decisions about your life, Big and Small, that **you** get to make.

Using your Circle of Support, you can start talking about making big decisions like - how you spend your money, what you want to do for a job, where you want to live, and much more. Just keep following along with the Decisions Maker's toolkit, and we will help you learn how to do it along the way.

