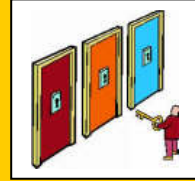


Growth Planning Life-Skill #2

BEING ABLE TO USE "WHOLE-MIND DECISION-MAKING"  
TO MAKE OUR TOUGH EVERYDAY DECISIONS

- ▶ Almost daily we face new doors to open in our life.
- ▶ But, what's behind those doors? Which ones will be best for us? And, which ones could harm us?
- ▶ Here's a step-by-step process to make those, and other tough decisions, based on the Myers-Briggs Model.



THE 10-STEP WHOLE-MIND DECISION-MAKING PROCESS

1) What underlying competing values are involved in this situation?	
<b>Extroverting</b>	<b>Introverting</b>
2) Who should I talk to and help me decide what to do in this situation?	3) What could this decision possibly mean for me and my reputation?
<b>Sensing</b>	<b>Intuiting</b>
4) What are the obvious <u>facts</u> and <u>options</u> for solving this situation?	5) What <u>possible consequences</u> and <u>new options</u> have I missed?
<b>Thinking</b>	<b>Feeling/Valuing</b>
6) Which option achieves the best overall result for this situation?	7) Which option minimizes harm to most people and upholds my personal values?
<b>8) DECIDE ON THE BEST OPTION</b>	
<b>Judging/Organizing</b>	<b>Perceiving/Adapting</b>
9) Create a step-by-step plan, and begin implementing your plan.	10) Be open to changing your plan, if necessary.

➤ **What tough decision are you facing now, and how could this process help?**

GROWTH PLANNING LIFE-SKILL #2 ANALYSIS & MEASUREMENT FORM  
 Being Able To Use "Whole-Mind Decision-Making"  
 To Make Our Tough Everyday Decisions

List 2 PAST situations when you (or someone you know) did use this Life-Skill?

1) \_\_\_\_\_  
 2) \_\_\_\_\_

List 2 FUTURE situations when you (or others you know) could use this Life-Skill?

1) \_\_\_\_\_  
 2) \_\_\_\_\_

To what extent are you demonstrating this Life-Skill in your everyday life **RIGHT NOW?**

<u>I AM NOT</u> Demonstrating This Life-Skill Now In My Everyday Life	[circle one number]	<u>I AM</u> Demonstrating This Life-Skill Now In My Everyday Life
←	↔	→
0	1	2
3	4	5
6	7	8
9	10	