

Decision Making

GAINS & LOSSES

Use this activity to lay out different scenarios for decision-making. Consider the positive and negative sides of a decision and what you can gain and lose in each scenario.

Pleasure Motivators

What will you **gain** with this?

Uncomfortable Discouragement

What will you **lose** with this?

Comfortable Discouragement

What will you **gain** without this or if you don't do this?

Discomfort Motivators

What will you **lose** without this or if you don't do this?

Decision Making

SWOT Analysis

Use this activity to lay out different characteristics, skills, abilities, knowledge, experiences, etc. Consider what you bring to the table, what needs attention to develop, and what motivates and discourages you about this opportunity.

Strengths

Contribution opportunity

Weaknesses

Development opportunity

Opportunities

Motivators & interests

Threats

Points of discouragement