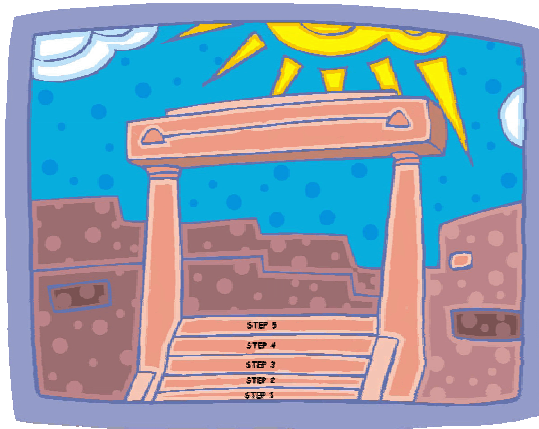


Introduction to Self-Direction

Module 1 (Part B): Making Choices and Planning



Steps to Making Good Choices

1. What decision are you trying to make?
2. List all the possible choices.
3. Think and talk about each possible choice. Figure out the good and bad parts of each one.
4. Cross out the ones that you think will not work.
5. To make your choice, pick from the ones that are left.

Remember,

- If you need or want help, find people to talk to.
- Understand all of your possible choices before you decide.
- Check to see if your choice will hurt you or someone else.
- Don't be afraid to make mistakes – everyone does.