



HANDOUT 14A

Criteria for Making Good Decisions

- Does it meet an important need in my life?
- Does it feel reasonable to me and others? Given who I am, does it make sense to me and others?
- Is it do-able? (Am I asking myself to do something that might be somewhat challenging, but is not impossible to do? Do I have the time, skills, and resources to do it? Does it take into consideration any constraints or limitations?)
- Is it moral? (Does it hurt anyone? Is it fair and just? Is it destructive in any way to property or the environment?)
- Is it safe?
- Is it a healthy choice?
- Is it responsible?
- Is it legal?
- Does it respect the rights and needs of other people involved in the decision or affected by the decision?
- Is it smart? (Does this decision help me stay on the right track or get me on the right track? Does it help me create a positive future for myself?)
- Does this decision make me a better person, a better student, friend, or family member, a better worker, a better citizen?