



OPTIONS AND OUTCOMES

A STRATEGY FOR MAKING SMART DECISIONS

Completing your Journey Book entails taking responsibility for your actions and considering all of the options you have in any situation. This strategy will show you that you may have a lot more options than you realize. Even though every option will have good and bad outcomes, you're the one who needs to make the choice.

What are my Options?

Every time you make a decision to DO something, you are making a decision NOT to do some alternative thing.

My kid was sick last week again, and I knew that she shouldn't be going to school. I could have asked my mother to watch her, but I just couldn't face taking the bus to her house and then taking two more to work. So instead, I called out from work again, even though I was told I didn't have any sick days left ---Mychelle

Every step Mychelle took was a decision that was surrounded by other steps -- other **options** -- she could have taken that would lead her in a different direction.

Sometimes, when lots of other people are stepping in the same direction, we don't even notice all the options we have. **Options and Outcomes** is a strategy for making better decisions by:

- thinking of as many options as you can, and
- imagining the outcomes -- where each option might take you.

What's the Outcome of that Option?

How do you decide which option to take?

Why do I call out sick from work? Because I'm just overwhelmed by all of the responsibilities I have at home, and work seems the easiest thing to let go. And I haven't been fired . . . yet. ---Mychelle

How do you decide which option to take? First, try to imagine the **outcome** or what will happen. Mychelle considered the immediate or short-term outcome of her decision to call off from work -- "I probably won't be fired . . . yet." But what if she imagined the possible long-term outcomes further down the road?