

Rational Decision Making

DIRECTIONS: Making a decision to change should take into account all the aspects of the potential change. By doing so, you can be sure that you are making a rational decision based on reasoning, rather than simply reacting out of negative emotions. Thinking through a change and making plan makes it easier for you to handle whatever implementing your decision equires of you.

What change are you contemplating? _____

	Benefits/Pros	Cost/Cons
Making the change		
Staying the same		

