“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” - Aristotle

Decision Making Framework

An analytical habit to assess problems and develop constructive approaches to their resolution.

**PART ONE: OPENING UP THE PROBLEM**

1) What are the issues?
   - what is at stake?
   - what are the potential consequences?

2) What rules or regulations apply?
   - what family, team or community-based expectations are there?

3) What questions do have or information do you need?
   - what is the context? what information do you have? what information do you not have?
   - how will others perceive this problem? what if you’re wrong?

**PART TWO: MOVING TOWARDS ACTION**

4) Who, and what, are the resources you have available?
   - what were you taught? what does your internal compass tell you?
   - are there any mentors or reliable confidants you could consult with?

5) What are your options?
   - what are the likely consequences of each option? who is affected by each?
   - are there any preventative measures you can take to address predictable problems?

6) What will you do? What will you say? How (exactly) will you say it?
   - what is the option that best serves a fair and just outcome?
   - what is your plan of action? when will you implement it?

**BUILDING HABITS**

Habits reduce the cognitive load we carry by putting basic actions into your ‘auto-pilot’ systems; they help us focus so we can make important choices more effectively. Is the DMF a habit of yours? Analytical decision-making can strengthen your choices and help assure the consequences that follow them are ones you have chosen, thoughtfully, consciously and purposefully.

Habits allow you to engage with the rest of your life more efficiently. Using a structured Decision-Making Framework allows you to make better decisions.

Practice it! Make it a habit!