



"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?
 - *institutional regulations? laws? unwritten rules? code of ethics?*
 - *what family, team or community-based expectations are there?*
- 3) What questions do you 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!