

# S.T.O.G.

## A good way to make decisions



**Stop**

**What is the decision?**



**Think**

**Think about and list the possibilities or solutions.**



**O.K.?**

**Then think about:**



**Head**

Is this the best choice for me?



**Heart**

How do I feel about this choice?



**Hands**

Who will be affected by this choice?



**Future**

How will this affect my life and/or dreams?



**Go!**

**Make a decision.  
How did it work?**

# S.T.O.G.

## A good way to make decisions

Step  
1



### Stop

The first step “What is the decision?”

Step  
2



### Think

We list all the possibilities or solutions to the choice. To make sure we let ourselves think of ALL the possibilities, we want to BRAINSTORM. Brainstorming means that you have a sudden bright idea - or that your brain has a storm!!!!

Step  
3



### O.K.?

Now you have ideas about the choices you could make or how to solve the problem. You can now go back to the ideas and decide which solution or choice you like best.

Exploring all parts of a situation can help in making the best choices. You can help yourself do this by thinking about four symbols of choices, then answering some questions that go along with these elements. The four elements are:



Head



Heart



Hands



Future

Step  
4



### Go!

Excellent work! The last step is to try out your choice or solution and make a decision. When you are finished, ask yourself if the choice or solution worked. If not, you can use the S.T.O.G. again to find another choice or solution.

# S.T.O.G.

## A good way to make decisions



### Head

The head stands for the thinking part of the choice.

To decide if a choice is right for you, ask yourself the following questions:

- Can I afford this choice?
- Will this choice help me get other things I need and want?
- Is this the best choice for me?
- How will this affect me in the future?
- How will I feel about this choice tomorrow?



### Heart

The heart stands for how you feel about your choice.

The following questions will help you learn how you feel:

- How do I feel about this choice today?
- Do I feel happy? Why?
- Do I feel afraid? Why?

Sometimes a person feels one way about a decision, but after some thought changes his or her mind. It's okay to change your mind about a decision.



### Hands

Hands represent how a choice will affect other people. Ask yourself:

- Whom will my decision affect?
- How will my decision affect others?
- Will anyone try to stop me from making this decision? Why?
- Is there someone I should ask for advice?
- What are my responsibilities (legal)?
- Is it safe?



### Future

Future talks about if and how your decision will affect the rest of your life. Your choices and decisions should help you to live your dream.

# S.T.O.G.

S



Stop

T



Think

O



O.K.?

G



Go!

# S.T.O.G.

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**Think about and list the possibilities and solutions.**

1

2

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**Go!**

**Go for it! How did it work?**