

S.T.O.G.

A good way to make decisions



Stop

What is the decision?



Think

Think about and list the possibilities and solutions.

1

2

3



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!

Go for it! How did it work?