

# IV. Worksheets



## Who Are You? – A Decision Focused Questionnaire

Name (optional):

How old are you?

Who do you live with?

What language do you speak at home?

How do you get to school?

What do you usually do after school?

When do you usually wake up and go to bed?

What is dinner usually like at your house?

How many hours of homework do you typically do each day?

What is your easiest and your most difficult course? Why?

What do you like most and least about being a student at this school?

What do you think is the best and worst thing about being a young person today?

When have you felt most and least empowered?

How did you handle those situations when you felt the most empowered? The least?

How have you recovered when something has gone wrong?

Where did you go for support?

What decisions did you make or not make that contributed to the situation?

What decision did you make to recover?

How do you behave in groups? Which roles in a group *are* you best and least suited for? Which roles in a group do you *feel* best and least suited for?



In what ways can you be considered a leader?

How would a friend describe your choices?

List a personal achievement of which you are proud.

Name three decisions that you make daily.

Name a significant decision you have made in the past year.

Did you feel confident about your choice?

How did you feel about the outcome?

Name a good decision that you made that also had a good outcome.

What about a good decision with a bad outcome?

What about a bad decision with a good/bad outcome?

Name a significant decision you will make in the coming year.

How do you plan to approach that decision?

Who do you go to for advice when you have to make a difficult decision?

Name a decision that you made when you were stressed out or didn't feel like you could make good decisions at the time.

How do you distinguish between decisions that are big, significant, or in the moment?

Do you lead more with your head or with your heart when you are making a decision?

Do you use a combination of reason and feelings to make decisions?

How does this vary with the decision and decision setting?

Are you more likely to lead with your head/heart to make certain decisions?

What five values are most important to you?

How confident are you in following through on the decisions that you make?



# High Impact Decisions Worksheet

Working in pairs, describe a decision that you or someone you know made that had a major impact.

Decision:

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Assess the quality of the decision at the time it was made:

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How could the decision have been improved?

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What was the impact of the decision?

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# Declaring Worksheet

**Instructions: Complete the three columns on the right.**

Adults might say:	Adults might mean:	I might feel:	I might say:	I could decide to:
"Be yourself."	"I want you to be a strong and confident individual and not give into peer pressure."	"You don't understand how important it is for me to fit in."	"Why don't you just leave me alone?"	<ul style="list-style-type: none"> <li>• Consider when I have submitted to peer pressure in the past.</li> <li>• Create ways (like developing pre-determined responses) to counter peer pressure.</li> <li>• Make a list of my personal traits that I value.</li> </ul>
"You need to be more disciplined." or "Work harder."	"It's important to be responsible, and to set and meet goals. I want you to be successful in life."			
"Why don't you talk to me anymore?" or "We used to be so close."	"I want to be a part of your life in a meaningful way, and I want you to trust me, especially when you need help."			
"How can I help you if you don't help yourself?"	"I want to support you, but I also want you to be an empowered individual."			



# Values Capture Worksheet

Instructions:

- A) Create a list of key values for the decision
- B) Define the range of outcomes for each value

Value	Best possible					Worst possible
1.						
2.						
3.						
4.						
5.						



# Alternatives and Information Worksheet

Instructions:

A) Capture four alternatives in the table

B) Identify 2 key uncertainties associated with each alternative

Alternative	Uncertainty #1	Uncertainty #2
1.		
2.		
3.		
4.		
5.		

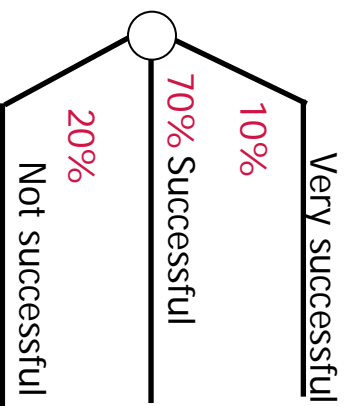


## Instructions:

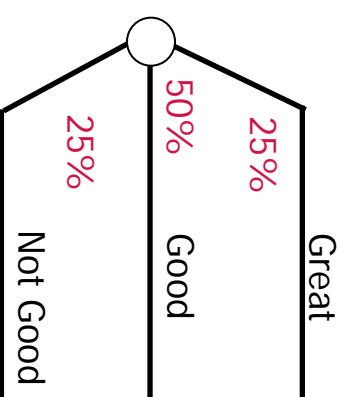
C) Define a range of outcomes for one alternative's uncertainties

D) Assign probabilities to these ranges

Uncertainty One



Uncertainty Two



Alternative



# What exceptions will you accept in your ethical code?

*Lying and deceiving are wrong, except for:*  
(check all that apply)

- Telling lies to save someone's feelings
- Telling lies to avoid embarrassment
- Telling lies to avoid punishment
- Telling lies to get ahead
- Inflating qualifications on a resume
- Exaggerating benefits / hiding deficiencies to a customer
- Taking credit for another's work
- Telling lies in negotiation
- Telling lies in self-defense
- Telling "white" lies
- Telling lies to liars
- Telling lies to children
- Telling lies to your parents
- Telling lies to competitors
- Telling lies to protect property
- Telling lies to prevent harm to others
- Using euphemistic language
- Making promises I do not intend to keep
- Giving false impressions by means other than what I say
- Not correcting misimpressions
- Cheating when "everyone else is doing it"
- \_\_\_\_\_
- Check if no exceptions*

*Stealing is wrong, except for:*  
(check all that apply)

- Stealing when it is easy and I won't get caught
- Stealing to get ahead
- Stealing to help others
- Stealing office supplies
- Inflating billable hours
- Copying copyrighted print matter
- Copying/downloading software
- Copying/downloading music
- Copying/downloading movies
- Borrowing without permission
- Stealing from thieves
- Stealing from rich people
- Stealing from big organizations
- Stealing from anonymous victims
- Stealing if you think the owner will not miss it
- Profiting from others' ignorance
- Profiting from others' billing mistakes
- Stealing when "everyone else is doing it"
- \_\_\_\_\_
- Check if no exceptions*

*Harming is wrong, except for:*  
(check all that apply)

- Harming in self-defense
- Harming to defend others
- Harming those who have harmed others
- Threatening to harm
- Inciting violence to make a political point
- Imposing undisclosed risks on friends
- Going to work when contagious with the flu
- Not telling a sexual partner you have a sexually transmitted disease
- Imposing undisclosed risks on strangers
- Driving while intoxicated
- Working for an organization that harms innocent people
- Patronizing or investing in an organization that harms innocent people
- Assisting suicide
- Harming when "everyone else is doing it"
- \_\_\_\_\_
- Check if no exceptions*

