

# Ups and Downs

## Not Sure What To Do?

Deciding can be difficult...but it doesn't have to be!

When you don't know how to solve a challenge, listing the UPS and DOWNS of each choice can help you decide.

UPS are things that make a decision good, in your eyes.

DOWNS are reasons you might not want to do something.

Write the decisions that you'd like to make below, then use this table to make a list of all the ups and downs of each choice.

Why not share it with someone you trust, and see what they think, too?

## Ups and Downs

Decision #1:

Decision #2:



Ups of Decision #1

Ups of Decision #2

Downs of Decision #1

Downs of Decision #2

Ups of NOT doing Decision #1

Ups of NOT doing Decision #2

Downs of NOT doing Decision #1

Downs of NOT doing Decision #2