

DECISION-MAKING SKILLS THERAPY

Remember!!

There are no right and wrong decisions, you have to put in efforts no matter what and then see the results.

Accept that not all decisions will work out

Know that at some point you may need to change the decision

Never get demotivated

Always stick to your decision

After taking the decision, make a plan that how it will work out

Define the problem:

--

Find the alternative critical possibilities:

--

Find the solution:

--

Make a plan:

--