

## 3 MINDFUL STEPS TO Better Decision Making



### KNOW YOUR GOALS

Identifying your academic goals and your career goals can direct you toward making healthy choices.



### CONSIDER ALL YOUR OPTIONS

The more alternatives you consider, the more likely you are to make successful decisions; there's various ways to achieving your goals.



### IMAGINE DIFFERENT SCENARIOS

Imagining what could happen before you act can help guide you toward the best decision' it's ok to write it out.