

Decision Making



3 Key Takeaways

— 1 —

You have the power to make the right decisions.

— 2 —

Other people, besides yourself, are impacted by your decisions.

— 3 —

Your decisions shape your future.

The Basics

- Values provide a personal sense of what is right or wrong and tend to influence your attitudes and behaviors while helping to shape your overall character.
- Examples of values include integrity, honesty, respect, compassion, responsibility, trustworthiness, and fairness.
- Having ethics means having a set of standards or moral principals that you can use as a guide to reach a decision.
- Ethics are consistent, impartial, motivating, and they are meaningless without action.
- When making a decision, it can be helpful to use the **six-step decision making model**:



Decision Making: Ambassador Story

Track and field Olympic gold medalist DeeDee Trotter grew up with a father who made some poor decisions that not only affected him, but also his family. DeeDee's father chose a life that involved drugs, which ultimately resulted in him going to jail. This decision took him away from his family, and made their lives much more complicated.

Even though her father made these poor decisions, DeeDee knew at an early age that she did not want to follow in his footsteps. Instead, she focused on making better choices in life in order to set herself up for a more successful future. DeeDee learned from her father's poor choices and knew that she did not want to hurt the people in her life. TrueSport athletes know that it is not always easy to make the right decisions, but by keeping others in mind and making decisions with a good heart, it is easier to make choices that will positively shape the future.



AMBASSADOR STORY QUESTIONS

1. *What were the main points you took away from the ambassador story?*
2. *Have you ever learned from the mistakes of others and made better decisions based on what you learned?*
3. *How can you practice better decision-making in your sports career?
How can you practice better decision-making in life?*