

Power of Choice Be Your Best YOU

Everyday you make lots of choices. Some are part of your routine: what to eat or wear, what to do after school, when to do homework. Others may not seem so simple, perhaps how to spend your money, whether to join a sports team, who you want as a friend.

Your choices, even many small ones, can affect the direction of your life. That includes becoming your best you.

To get **POWER** from **YOUR CHOICES**...

- ❖ **Know what matters to you.**
 That way you can make choices that match what you care about.
- ❖ **Make choices that are right for you.**
 You don't need to do what everyone else does or be like anyone else either.
- ❖ **Make smart choices about food and active living.**
 They add up to helping you be your best!

Try this! Here's a way to make smart choices-especially when the decision seems hard.

- ❖ **Figure out what you need to decide.**
- ❖ **Get facts.** Figure out how much time, money, and energy you have.
- ❖ **Consider each option** by weighing the pros and cons to help you reach your goals. Doing nothing is an option, too.
- ❖ **Make a choice** that's best for you and what you care about.
- ❖ **Act on your decision.**
- ❖ **Think about the result** and how it affected you and others. Was it the best choice?

Adapted from *The Power of Choice Leader's Guide*