



Deciding With Support



Supporter Guide

The **Decisions I make now** worksheet is a tool to help the person you support think about the decisions they make now.

The worksheet is divided into small and big decisions.

Small decisions are the everyday day choices we make like what we eat for breakfast, what music we listen to and what we choose to wear.

Big decisions are big life choices like where we live, where we work, getting married and going on a holiday.

The person you support will have their own experience of how easy or hard it is to make a big or small decision.

People who have not had much experience making decisions may find small everyday decisions difficult to make.

You can support the person to think about how easy or hard each decision is.

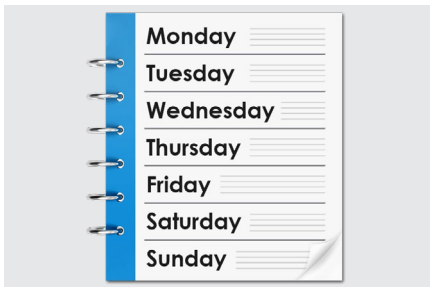
Decisions I make now



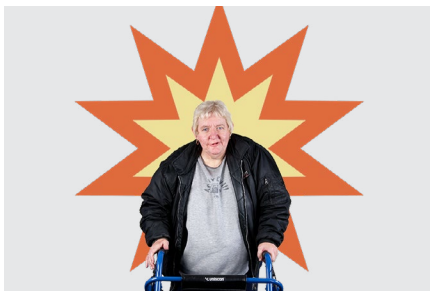
This worksheet can help you think about the decisions you make now.



Decisions can be small or big.



Small decisions are decisions you make every day.



Big decisions are decisions that might change your life.



Have a look at the decisions Lily makes.



These are the decisions I make now

Small decisions



Eat cereal for breakfast.



Choose what I wear.



Watch my favourite TV shows.

Big decisions



Go to a work skills program.



Go on a holiday to Fiji.



Decisions I make now

What decisions do you make now?

Was it a big or small decision?

Write or draw your answer here.

Small decisions	Big decisions