



The best way to get better at making choices is by making a lot of them. To notice what happens after and to learn from our mistakes.

Each decision helps us to know who we are. That's pretty important, and fairly special. Every time, we have the freedom to choose differently for ourselves.

Stuck? That's okay. You could write up a list of the pros and cons, give yourself 2 options to simplify the process, or play "Rock, Paper, Scissors."

How are we going to move through this?

Why does it matter?

What do we need to consider?

What do we want to happen?

There were many options, and we didn't want to make a bad decision.

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So we asked questions.

And we thought about it.

One day, we had to make a choice.

We even sang a song about it, called  
*"Perhaps the clouds know the answer."*

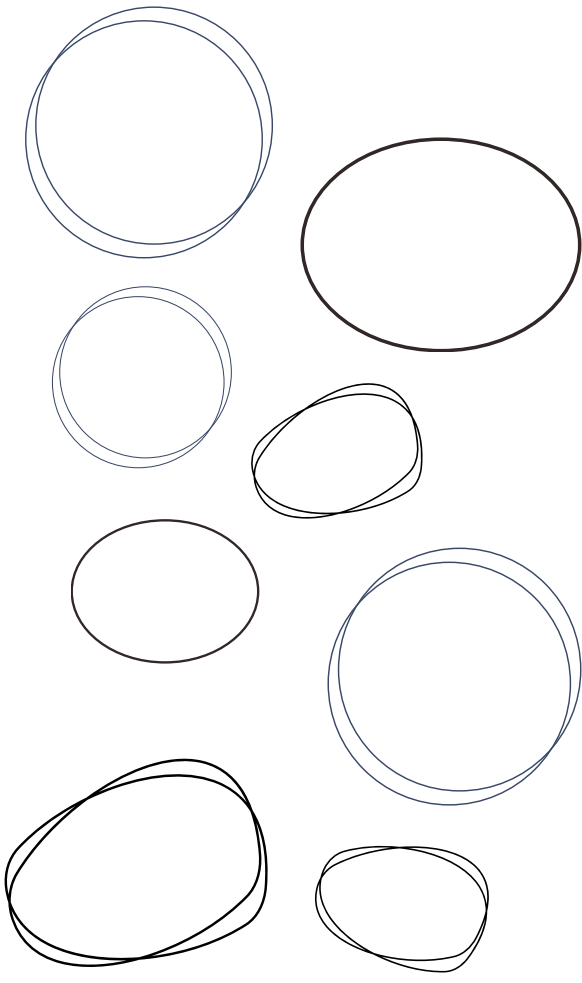
We wrote down our thoughts to help make sense of things.

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It started feeling heavy the longer we took to make the choice.



Draw faces that demonstrate a feeling.  
The more variety, the better!

I'm okay.

Sometimes my thinking tells  
me that everything is okay.  
Other times, I listen to my  
heart, and it tells me that

with that.

Most of the time, things  
feel okay, and I'm okay

\_\_\_\_\_.

and

\_\_\_\_\_ in my body. It felt like

\_\_\_\_\_ (feeling)

Another time, I felt this  
kind of

It was an okay day, in an  
okay life, and I felt  
pretty okay about it.

One day, I had a moment of

\_\_\_\_\_ (feeling)

Sometimes I felt things  
other than okay. This one  
time, I felt this kind of

It felt like \_\_\_\_\_

\_\_\_\_\_ (feeling)

In my body, it felt like

\_\_\_\_\_.

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Mental Health Numbers & Links



Community Resources