



Life Skills – Decision Making

My Decision Journal



Aim of the Game:

To keep a diary of for a week noting all of the decisions taken in this time.

Learning Objectives:

- To write down the daily decisions made.
- To narrate the situation and the process of decision-making.

Structure:

Individual

Time:

One week

Materials:

A small notebook and pen

Method:

- Provide the format and explain the activity to the Scouts, noting that they will be asked to share their experiences at the end of the week.

The journal format:

Date:	Day:
(Describe the situation) Dear Diary...	
I decided to...	
I did this because...	
If I hadn't have taken this decision, the result may have been different and...	

Evaluation:

(After a week)

- How do you find the experience of keeping a daily journal?
- What did you discover about yourself and the way you make decisions?
- How do you think you can further improve your decision-making skills