

# Decision Focus 04 - Clear Values

Instructions: For multiple choice questions, unless a question says, "Multiple answers allowed but not required", select the **BEST** of the available answers.

Name\* \_\_\_\_\_

Email\* \_\_\_\_\_

1. How can I know if I'm making a good quality decision?
  - a. I've worked through the decision process
  - b. I'm well rested, not emotional or stressed and have slept on it.
  - c. I've applied critical thinking to the decision
  - d. I've put all of the information in a weight and rate table
  - e. I've gotten expert advice from someone who made a similar decision
  - f. I've considered risks and rewards
  - g. All of the above
2. What does "framing a decision" mean?
  - a. Getting the information you need around the decision
  - b. Deciding to halt because you are hungry, angry, lonely or tired
  - c. Clarifying the decision you need to make
  - d. Reasoning logically about your options
  - e. All of the above
  - f. None of the above
3. What are values?
  - a. Wants
  - b. Needs
  - c. Likes
  - d. Dislikes
  - e. The thing we care about
  - f. All of the above
4. True or false: Values cause us to prefer one outcome over another.
  - a. True
  - b. False
5. True or false: To make good trade-offs, we have to weigh the relative importance of our personal different values.
  - a. True
  - b. False

6. True or false: Values are personal
- a. True
  - b. False
7. Do values change when the situation changes?
- a. Yes
  - b. No
8. Are there some values that don't change even when the situation changes?
- a. Yes
  - b. No
9. List some of your values and see if you can think of values that don't change when the situation changes.
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
10. What are some common mistakes people make about values? **\*\*\*Multiple answers allowed but not required**
- a. Buying something they don't need or truly want because it's cheap
  - b. Choosing short term rewards over long term rewards
  - c. Eating unhealthy food because it tastes good
  - d. Not thinking about how a decision will affect the people you care about
  - e. All of the above
-

## Answer Key

Answers are given in **bold**.

1. How can I know if I'm making a good quality decision?
  - a. I've worked through the decision process
  - b. I'm well rested, not emotional or stressed and have slept on it.
  - c. I've applied critical thinking to the decision
  - d. I've put all of the information in a weight and rate table
  - e. I've gotten expert advice from someone who made a similar decision
  - f. I've considered risks and rewards
  - g. All of the above**
2. What does "framing a decision" mean?
  - a. Getting the information you need around the decision
  - b. Deciding to halt because you are hungry, angry, lonely or tired
  - c. Clarifying the decision you need to make
  - d. Reasoning logically about your options
  - e. All of the above**
  - f. None of the above
3. What are values?
  - a. Wants
  - b. Needs
  - c. Likes
  - d. Dislikes
  - e. The thing we care about
  - f. All of the above**
4. True or false: Values cause us to prefer one outcome over another.
  - a. True**
  - b. False
5. True or false: To make good trade-offs, we have to weigh the relative importance of our personal different values.
  - a. True**
  - b. False
6. True or false: Values are not personal
  - a. True
  - b. False**

7. Do values change when the situation changes?

a. **Yes**

b. No

8. Are there some values that don't change even when the situation changes?

a. **Yes**

b. No

9. List some of your values and see if you can think of values that don't change when the situation changes.

a. \_\_Examples - spirituality,self-protection (survival), family, political freedom

b. \_\_\_\_\_

c. \_\_\_\_\_

10. What are some common mistakes people make about values? \*\*\*Multiple answers allowed but not required

a. **Buying something they don't need or truly want because it's cheap**

b. **Choosing short term rewards over long term rewards**

c. **Eating unhealthy food because it tastes good**

d. **Not thinking about how a decision will affect the people you care about**

e. **All of the above**