



SSIO

Canada 2020

Group 4 - Lesson Plan on Decision Making

Curriculum connection: Putting 3HVs into Practice

Value: Right action

Subvalues: Decision making

Materials Required: picture of Swami, candle, attendance sheets, paper and pens, Scenarios on decision making, reflection sheets, whiteboard markers, possibly a computer.

Introduction:

- 3 Oms
 - Prayers: Vakratunda
 - Meditation
 - Attendance
- Collect Spiritual diaries

Share Swami's quotes:

"Offer the fires of your sorrows to me, and rest on the cool waves of my love."

"God will decide what to give, when to give and where."

PART 1 Introduction: Today we will be talking about decision-making

QUESTION: "Brainstorm all the decisions that we have to make in life."

Answers will be written on the whiteboard, or a piece of chart paper.

Answers may include:

- when to wake up
- what to have for breakfast
- whether to check social media/what to post
- what to wear
- whether to pray/not
- who to be friends with
- whether to listen in class
- what music to listen to
- what to say etc. etc.

When a sufficient number of responses have been collected, the Guru can give the message that:

- daily life involves numerous decisions
- some are easy, some are difficult
- Since we have to make so many decisions, it's important to be able to make good decisions.
- When you're a child, your parents made many decisions for you
- The older you get, the more independently you will be making your decisions

-even if we choose not to do anything, we are still making a decision

OR

Identifying pressures in decision making: Using chart paper and markers, groups draw the outline of a person, and begin to write everything that influences/pressures the person to make decisions (peer pressure, parental pressure, habits, societal pressures (social clock), school rules, government rules, siblings, personality, our likes and dislikes, etc.

PART 2: Handout Activity - to be completed by individuals or pairs

Life is full of decisions, in fact we have to make decisions everyday, as we saw in the previous activity. Some decisions are better for us, some are not so good. Adolescence is a time when the decisions we make can have a great impact on our future life.

INSTRUCTIONS:

Using the handout provided, on the chart provided, classify the types of decisions you have made.

Debrief:

- When have I made good/bad decisions?
- What was I thinking?
- What was I feeling?
- Who had input in my decision?
- How did I realize the decision was “good” or “bad”
- What are the consequences of our decisions? (good/bad/neutral)

Students to share some good decisions and how they made them, and “bad” decisions and how they made them.

Critical thinking points: Some students may point out that:

1. Everything is pre-determined by God’ will, our fate/karma, so why should be bother making any decisions?

We still are responsible for playing our part in this human play. We have body identification, and ego.

2. There are ultimately no good or bad decisions, we are God and we are experiencing things in life. So, what does it matter if we make so-called good or bad decisions?

Ultimately we are beyond the decisions that we make, but we live in a world of relativity and duality where we can experience pleasure and pain, joy and sorrow. As such, we should take care to make decisions that bring us peace, joy and goodness because they will make us happier in our earthly lives.

PART 3 INSTRUCTION: Sharing principles of decision-making and techniques to reach good decisions: (The Guru will draw attention to the similarities and differences between what the students identified as good/bad decision-making techniques, and what are thought to be good/bad techniques.

- The decisions we make on a daily basis will impact who we are and how our life turns out.
- Decisions aren't always easy to make.
- It's useful to have some guiding principles and techniques so we can make better decisions.

A. **Remember Swami's Advice:**

1. Prayer: Swami tells us: "When in difficulty, pray for guidance before making a decision. Men can give you advice only as far as their intelligence can reach, but the Lord who illumines the intellect will reveal to you the way out of the difficulty. Have patience and wait prayerfully. Prayer can bring about the impossible. Sing the glory of the Lord and repeat His name. This will bring success and happiness." ~Baba
2. Write a letter to Swami
3. Inform yourself/research your options
4. Listen to your conscience, that gnawing feeling, this is God speaking to you
 - a. Unity of head, hearts and hands
 - b. Know yourself – this is a daily task. The better we know ourselves, the better decisions we will make.
5. Use discrimination – know the difference between right and wrong, remember your MORAL COMPASS
6. Consider the good to yourself/others
7. Don't give room for doubt or hesitation – but don't rush
8. Talk it out with a trusted confidant- parents/gurus/good friends
9. Consider – is it good in the short-term/long term?
10. Be firm in your values
11. After you've made your decision, let go and surrender the results to Swami.

B. **The Keys To Making a Good Decision**

1. Identify the decision to be made as well as the objectives or outcome you want to achieve.
2. Do your homework. Gather as many facts and as much information you can to assess your options.
3. Brainstorm and come up with several possible choices. Determine if the options are compatible with your values, interests and abilities.
4. Weigh the probabilities or possible outcomes. In other words, what's the worst that can happen? What will happen if I do A, B or C and can I live with the consequences?
5. Make a list of the pros and cons. Prioritize which considerations are very important to you, and which are less so. Sometimes when you match the pros against the cons you may find them dramatically lopsided.
6. Solicit opinions and obtain feedback from those you trust or have had a similar situation to contend with. There may be some aspects you haven't thought about.
7. Make the decision and monitor your results. Make sure you obtain the desired outcome.

Points To Consider

- ✓ **There are no guarantees.** Certainly you can never know in advance whether a decision will be correct, therefore, you must be prepared to take risks.
- ✓ **Look for the opportunities.** If you make a mistake, view it as an opportunity to learn what didn't work and why. Many times decisions are reversible and you can change your mind.
- ✓ **Hindsight is 20/20.** On occasion, you might discover in hindsight situations that may have affected your decision had you known about them earlier. This is normal and typical but should not stall your decision-making process.
- ✓ **Do not get stuck and do nothing.** If you've done everything you can to make a good decision and still can't make up your mind, do not delay making an important decision for [fear](#) that you don't know enough or will make the wrong choice.
- ✓ **Don't let fear stop you.** Sometimes people become so paralyzed with the [fear](#) of making a wrong decision that they panic and lose sight of what they're trying to accomplish. This hinders making any decision.
- ✓ **Don't second-guess yourself.** In the end, second-guessing yourself also undermines what you're trying to accomplish. Once you've made the decision, let the chips fall where they may. At the very least, you will have learned important lessons.

When all is said and done, all you can do is the best with what you have to work with. Incidentally, do not underestimate the [power of intuition](#), or your gut feeling. After all the facts are weighed and evaluated, it can be the final determinant. Quite often it may be all you have to go by.

<https://www.essentiallifefskills.net/gooddecision.html>

C. **Chart Tool**

1. IDENTIFY THE ISSUE(S) that you need to make a decision about
2. Draw a chart – plus, minus and interesting
 - Plus = all the good/positive things that could come from the decision
 - Minus = all the negative things that could result from the decision
 - Interesting = miscellaneous points that are neutral or hard to classify
3. When complete, consider which column has the most points.
4. This tool will help you to classify your decision

Some Impediments to Good decision Making:

1. Wanting to please others rather than listening to our conscience
2. Peer Pressure
3. Not enough information

4. HALT – don't make decisions when you're too hungry, angry, lonely or tired
5. Forgetting to pray

Questions for discussion:

What other impediments can you think of?

PART 4: Application - DISCOVERING OUR VALUES

- You will be provided with a variety of scenarios.
- As a group, come up with a decision and show the process you used.
- Apply the teachings and technique that you just learned.
- THROUGH THIS ACTIVITY YOU WILL RECOGNIZE YOUR VALUES AS YOU FORMULATE YOUR DECISION

Groups will present their scenario and decision to the class.

Debrief:

What would be some tough decisions you are faced with?

What questions would you have?

What would you want to learn to do?

What do you know how to do already in terms of decision making?

Do you ever apply Swami's teachings to it?

PART 5: Swami's advice to Charu Sinha

The Guru will tell the children the story of Charu Sinha and how Swami taught her to make difficult decisions.

PART 6: Open discussion

Questions:

- What can we learn from Charu's story to apply to our own lives?
- How much input does my family have in my decisions? Am I comfortable with this?
- What can you do when you're really tempted to make a decision that you know is not right, but would bring you a lot of gratification in the short-term?
- What happens if we make a poor decision, is it the end of the world?
- What about choosing or deciding something that our parents don't agree with?
- Does a "bad" result always lead to negative results for us?

Sometimes we make what seems like the wrong decision, but a lot of learning can come out of us. "Don't lose the lesson." For example, we may choose a program of study in university that we thought we liked, but then we realize we don't like it. At first, it might seem like wasted time and money, but if we think about it, we learned a valuable lesson about who we are and our interest, strengths and skills.

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Recap of lesson – We have to make decisions on a daily basis.
It's important to learn to make good decisions as this will influence the quality of our lives.

PART 7: More Techniques

Video clips on decision making – I STILL HAVEN'T DECIDED WHETHER TO SHOW ONE OR NOT

Make the right choice in three steps: <https://www.youtube.com/watch?v=GLFnfggkIxM>

Making the decisions correctly – Nidhi:

<https://www.youtube.com/watch?v=nBCwImMBmAQ>

Decision cartoon:

<https://www.youtube.com/watch?v=WmWO3E1kJT4>

<https://www.youtube.com/watch?v=EQ-K-0ecfDk>

7 Steps to Making a Decision:

<https://www.youtube.com/watch?v=8rhEHPixPFU>

Ellen: <https://www.youtube.com/watch?v=BatqV3B9hiU>

Closing – Samasta loka

TO BE USED IN PART 2 of LESSON

Reflecting on Decisions I've Made

Step 1: Please fill out the first and third column in the following chart.

Step 2: Please fill out the second and fourth column in the following chart.

Some Good Decisions I've Made	How did I make the Decisions (i.e. what factors influenced me?)	Some Poor Decisions I've Made	How did I make the Decisions (i.e. what factors influenced me?)

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