

QUIZ TIME

How many decisions does the average adult make each day?



A. 2,000 to 3,000



B. 17,000 to 23,000



C. 33,000 to 35,000



D. 96,000 to 101,000



When I began this journey, I didn't have a choice of

Treatment
Desirable Hair Styles
Diagnosis Education
Support Groups



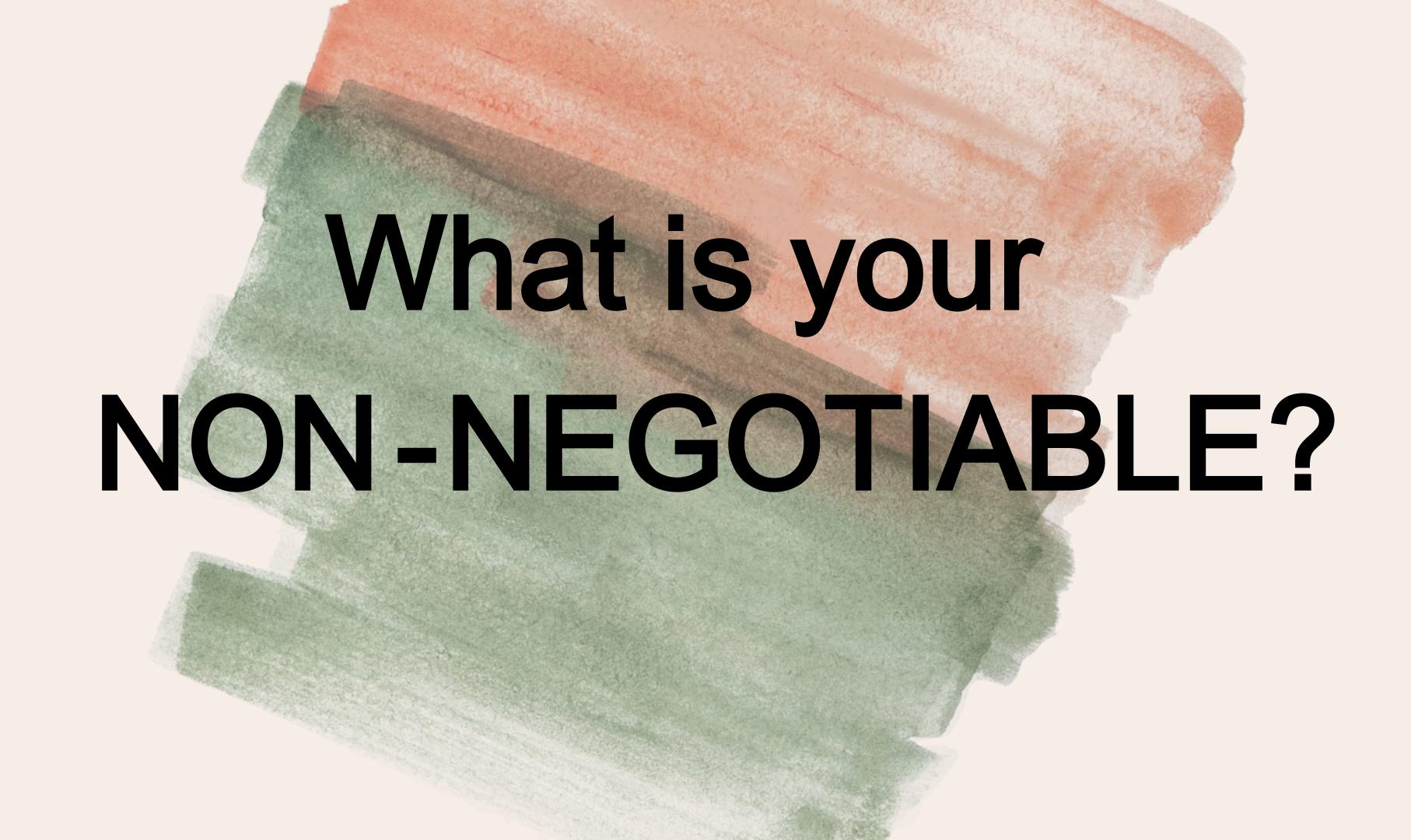
Examples of Choice

- Bullying Prevention
- Educational Resources
- Financial Planning
- Healthcare Provider
- Health Monitoring
- Insurance Coverage
- Disclosure
- Resilience Building
- School Involvement
- Support Groups
- Therapy or Counseling
- Treatment Plans
- Wigs and Headwear

Let's take a poll

Decision Process

Needs vs. Wants







Examples of Values

Personal Growth & Development	Emotional Well-being	Adaptability & Creativity	Health
 Self-Worth Resilience Confidence Independence Courage Perseverance Self-Expression Self-Respect Wisdom Strength Empowerment 	 Acceptance Vulnerability Empathy Gratitude Patience Compassion Kindness Equity Respect Joy 	 Authenticity Adaptability Creativity Integrity 	 Self-care Physical Well - being Community Privacy Beauty Diversity Spirituality

Let's take a poll

OPTIONS

- Possibility
- What's available
- Offers variety

CHOICE.

- Action of deciding
- 2 or more options
- Preference
- Values
- Freedom to decide



When you get to CHOOSEyou are EMPOWERED

Problems with the process

- Choice fatigue
- Other people's opinion
- Not taking action

Let's leverage our past to help us create a good choice.

