

CHOICE

Presented by Dr. Juanita Martin

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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

C. 33,000 to 35,000



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

The background features two overlapping watercolor washes. The top wash is a warm, light orange or peach color, while the bottom wash is a muted, sage green. The edges of the washes are soft and feathered, creating a layered, artistic effect.

**What is your
NON-NEGOTIABLE?**



Who?



What?

A watercolor-style background featuring three distinct horizontal bands of color. The top band is a soft, light purple with some darker, more saturated purple brushstrokes. The middle band is a muted, earthy green with some darker green strokes. The bottom band is a warm, burnt orange with some darker, more saturated orange strokes. The overall effect is soft and artistic, with visible brushwork and blending.

**What do you
value?**

Examples of Values

Personal Growth & Development	Emotional Well-being	Adaptability & Creativity	Health
<ul style="list-style-type: none">• Self-Worth• Resilience• Confidence• Independence• Courage• Perseverance• Self-Expression• Self-Respect• Wisdom• Strength• Empowerment	<ul style="list-style-type: none">• Acceptance• Vulnerability• Empathy• Gratitude• Patience• Compassion• Kindness• Equity• Respect• Joy	<ul style="list-style-type: none">• Authenticity• Adaptability• Creativity• Integrity	<ul style="list-style-type: none">• 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
CHOOSE you 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.**



QUESTIONS
&
DISCUSSION