

Sample Matrix to Support Making a Decision in Wellness 10

CRITERIA ALTERNATIVES	TIME <i>Can I complete this within the time allotted?</i>	SUPPORT <i>Do I have the support of my family/teacher/community?</i>	EFFORT <i>Will I be able to follow through and complete this strategy?</i>	COST <i>Is this idea affordable?</i>	CHALLENGE <i>Does this strategy help me meet my challenge?</i>	IMPACT <i>Will this decision have a positive impact?</i>
Alternative #1						
Alternative #2						
Alternative #3						
Alternative #4						
Alternative #5						