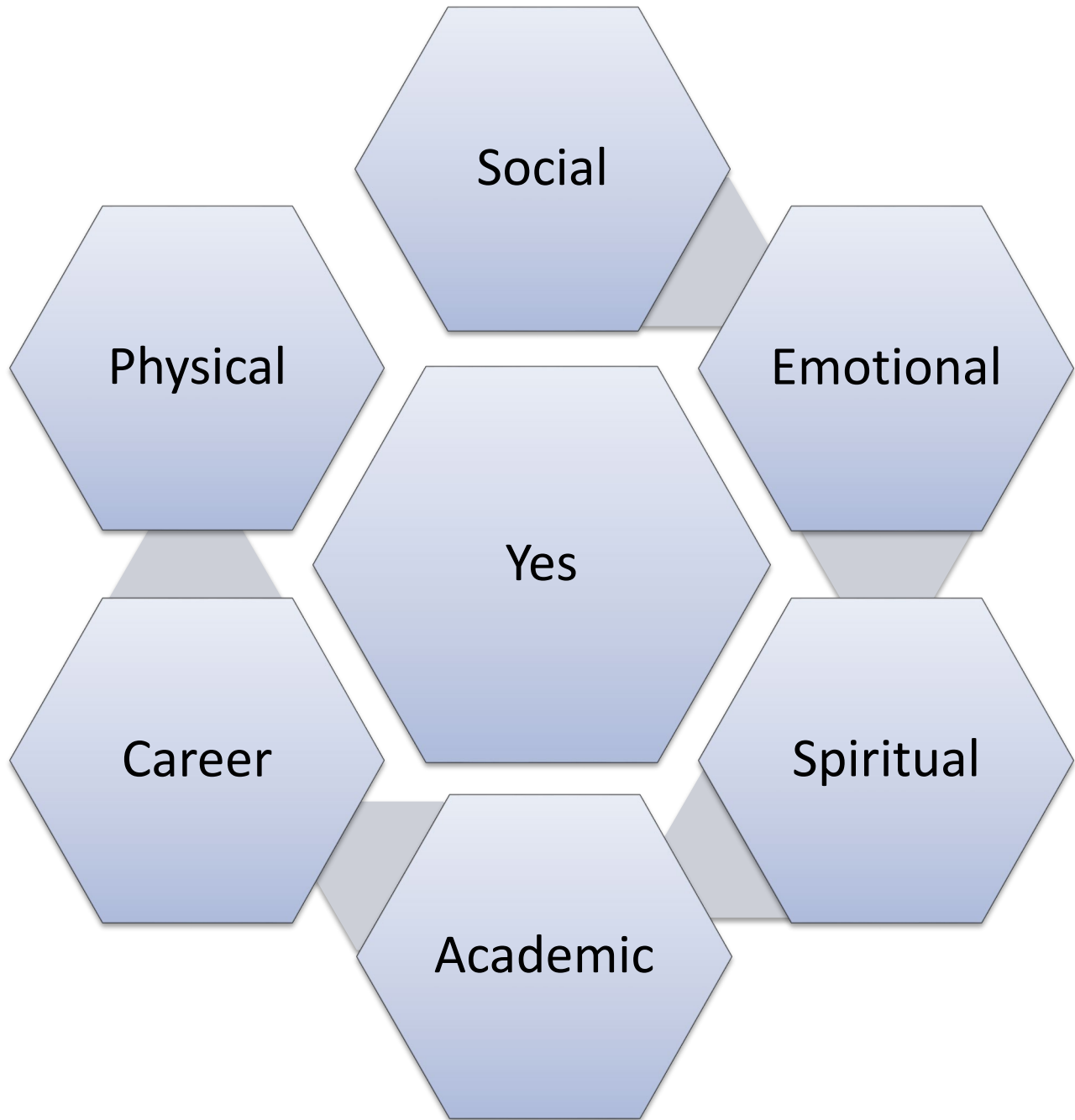


# Mapping Your Yes



1. **Remembering success:** Think back to a time when you successfully made a decision and answered yes to an opportunity. In the space below describe what that opportunity was, why you said yes and how it made you feel after the making the decision.
  
2. **Getting to yes:** Decision making is often a multi-step process. Using the accompanying map, select an area of your life (**social, emotional, spiritual, academic, career, physical**) where you could say yes to an opportunity but haven't done so. Proceed to fill in the following information.

<b>Focus area:</b>	
<b>Is this a public or private 'yes'?</b>	
<b>Factors to consider before I say yes:</b>	
<b>If I say 'yes'...(gains)</b>	<b>If I say no...(let go of)</b>

Dr. Hope M. Medina, "Embrace Your Yes!"  
Center for Leadership and Learning Conference  
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