

THE CHOICES WE MAKE

MY FUTURE. MY DECISIONS. MY CHOICES.



“The choices you make today become the opportunities you have tomorrow.”

THIS BELONGS TO

ENGAGE | EDUCATE | INSPIRE | EMPOWER

1

START WITH THE FUTURE

Choices get easier when you know what matters to you.

What do you want more of in your future? Tick anything that matters to you.

- | | |
|---|---|
| ☐ A job I enjoy | ☐ Money and independence |
| ☐ A home of my own | ☐ Travel and experiences |
| ☐ Strong friendships | ☐ A happy family life |
| ☐ Good health and confidence | ☐ A skill I am proud of |

My top three priorities are: *Choose what matters to you - not what impresses someone else.*

One choice I can make THIS WEEK that supports one of them:

“Nobody can change yesterday. But you can choose what you do next.”

2

THE CHOICE CHAIN

Small decisions can become a direction.

One choice rarely changes everything. Repeated choices can.

1

CHOICE What I decide to do now.



2

CONSEQUENCE What happens because of it.



3

HABIT What happens if I keep repeating it.



4

DIRECTION Where that habit starts taking me.



5

FUTURE The options I am building - or losing.



EXAMPLE: EASY NOW

Skip one lesson → miss work → start falling behind → attendance drops → fewer options.

EXAMPLE: BETTER LATER

Turn up → learn something → confidence grows → qualifications improve → more options.

A choice I repeat now that could affect my future:

A better version of that choice could be:

3

WHO IS INFLUENCING ME?

Notice the influence before you follow it.

Put a ✓ beside influences that usually help you and a ? beside ones you need to think about more carefully.

- | | |
|---|--|
| ☐ Friends | ☐ Parents / carers |
| ☐ TikTok | ☐ YouTube |
| ☐ Teachers | ☐ Music / celebrities |
| ☐ Gaming / online groups | ☐ Older students |
| ☐ Coaches / clubs | ☐ My own goals |

INFLUENCE	HELPS ME	PULLS ME OFF TRACK
	☐	☐
	☐	☐
	☐	☐
	☐	☐

“Not everybody heading in the same direction is heading somewhere good.”

4

PAUSE. THINK. CHOOSE. ACT.

A few seconds can change what happens next.

1

PAUSE Do not react just because someone is watching.

2

THINK What could happen today, next week and later?

3

CHOOSE Pick the option that protects your future.

4

ACT Say it clearly. Leave. Get help if you need it.

SCENARIO: A friend wants you to skip school.

What happens **TODAY** if you go along with it?

What could happen if it becomes a habit?

What could you say instead?

5

STOP. THINK. WHAT HAPPENS NEXT?

A tool to use when a decision matters.

TAKE A PHOTO OF THIS PAGE

10 MINUTES

What is likely to happen straight after I do this?

TOMORROW

Will I be glad I did it when I wake up tomorrow?

6 MONTHS

If I keep making this choice, where could it lead?

MY FUTURE

Does this take me closer to or further from the person I want to be?

“If the short-term reward is small but the long-term cost is big, rethink it.”

One situation where I could use this:

You do not have to handle pressure alone.

SCENARIO: Somebody offers you money for something that feels wrong, unsafe or dishonest.

“If you have to hide it, lie about it or ignore your gut feeling, stop and think.”

Use the three-question test:

- ☐ Could this hurt me or somebody else?
- ☐ Could I get into serious trouble for this?
- ☐ Would I be comfortable explaining it to a trusted adult?

Who could I contact or speak to?

GET HELP

Tell a parent/carers, teacher, tutor, safeguarding lead or another adult you trust.

Childline: 0800 1111 | [childline.org.uk](https://www.childline.org.uk)

If you or someone else is in immediate danger, call 999.

A screen does not remove the consequences.

SCENARIO: You see somebody being bullied or humiliated online.

IF I JOIN IN...

The post spreads further. The person may feel worse. I become part of the problem.

IF I HELP...

I do not share it. I can report it, support the person and tell a trusted adult if needed.

Before you post, send or share, ask:

- ☐ Is it true?
- ☐ Is it kind or necessary?
- ☐ Would I say it face-to-face?
- ☐ Could this damage someone's future - including mine?

One online habit I want to improve:

What I will do instead:

"Your online reputation is still your reputation."

8

ONE BAD CHOICE IS NOT YOUR WHOLE STORY

What you do next matters.

“One bad decision does not decide your future. The next choice still belongs to you.”

If you get something wrong, do not turn one mistake into ten more.

1

STOP Do not make it worse just because you are embarrassed.

2

OWN IT Be honest about what happened.

3

FIX WHAT YOU CAN Apologise, put something right or undo the damage if possible.

4

ASK FOR HELP A trusted person can help you think clearly.

5

MAKE THE NEXT CHOICE BETTER You cannot rewrite yesterday, but you can change your direction.

A mistake I learned something from: *You do not need to write anything too personal.*

What I learned:

Careers need more than exam results.

Many careers rely on the same core skills:

- ✓ Communication
- ✓ Problem solving
- ✓ Teamwork
- ✓ Leadership
- ✓ Responsibility



“Success does not come from where you start. Success comes from what you do next.”

Rate yourself today: 1 = needs work 5 = strong

SKILL	1	2	3	4	5
Communication	☐	☐	☐	☐	☐
Problem solving	☐	☐	☐	☐	☐
Teamwork	☐	☐	☐	☐	☐
Leadership	☐	☐	☐	☐	☐
Responsibility	☐	☐	☐	☐	☐

One skill I want to improve next:

Direction matters more than perfection.



**IF I KEEP DOING EXACTLY
WHAT I DO NOW...**

Where could I be in one year? What might improve? What might stay difficult?

**IF I MAKE ONE POSITIVE
CHANGE...**

What could be different? What new options could open up?

The positive change I would choose:

“You do not need to know your whole future. You need a direction and a next step.”

You do not need every detail. You do need a direction.

In five years I would like to be... *Think about learning, work, money, relationships, confidence and experiences.*

ONE SKILL I WANT

ONE HABIT I NEED

ONE PERSON WHO CAN HELP

ONE THING I WILL STOP DOING

ONE decision I can make THIS WEEK that takes me one step closer:

“A goal without a next step is only an idea.”

One small action. Repeated on purpose.

CHOOSE ONE CHALLENGE - KEEP IT SIMPLE

- ☐ Improve my attendance / punctuality
- ☐ Read or revise for 20 minutes
- ☐ Reduce unplanned screen time
- ☐ Join a club, team or activity
- ☐ Improve my behaviour or attitude
- ☐ Speak to someone about a goal

My challenge:

Tick each day you complete it:

MON	TUE	WED	THU	FRI	SAT	SUN
☐	☐	☐	☐	☐	☐	☐

My reward if I complete the week: *Keep it simple: film, favourite meal, gaming time, something I enjoy.*

What helped me stick to it?

Next week I will...

Good decisions are easier when you know who is in your corner.

Write down people you can talk to when you need advice, support or a second opinion.

AT HOME

AT SCHOOL

FRIEND / TEAM

OTHER TRUSTED ADULT

The choice I most want to improve is:

My reason for changing it is:

MY PROMISE TO MYSELF

I will pause, think and choose the option that gives my future the best chance.

Signed: _____ Date: _____

14 KEEP IT GOING: 30 DAYS

Optional - turn one better choice into a habit.

Choose one positive behaviour and track it for 30 days. Missing a day does not mean you failed - restart the next day.

The choice I am practising:

Mark each day you do it:

1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐
7 ☐	8 ☐	9 ☐	10 ☐	11 ☐	12 ☐
13 ☐	14 ☐	15 ☐	16 ☐	17 ☐	18 ☐
19 ☐	20 ☐	21 ☐	22 ☐	23 ☐	24 ☐
25 ☐	26 ☐	27 ☐	28 ☐	29 ☐	30 ☐

What changed after 30 days?

“Consistency beats intensity when you are building a new direction.”

I CHOOSE MY FUTURE

Better choices. Brighter futures.



"Make the next choice one your future self will thank you for."

TALK IT OVER AT HOME

- What is one goal I care about?
- What influence should I be more aware of?
- What is one habit I want to improve?

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Inspiring Better Decisions, Brighter Futures
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