**SESSION THREE:**

**Work Sheet Two- ACTIVITY – CRUNCH MOMENTS**

**GOOD DECISION, BAD DECISION**

It is important to realise that you can learn a lot even from the most awful outcomes of decisions you have made.

* Some people believe that there are no such things as mistakes – that everything we do is an opportunity for learning.
* It is only after we make a decision that we can know fully what the outcomes will be.
* Mistakes remind us that we are only human and not machines.
* Our attitudes towards ourselves, our decisions and our actions are as important as what actually happened.
* We can either see a glass as either half empty or half full.
* Others can be disappointed or blame us if our decisions affect them.

Think of two situations in the film where characters have made a 'bad decision' and two situations where they have made a 'good decision'

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| Can Full of Nothing – Bad Decisions  1.  2. |
| Can Full of Nothing – Good Decisions  1.  2. |