



STAR (Stop, Think, Act, Review)

When you have an important decision to make or a problem to solve, this four step process can help:

STOP:

In order to solve problems, prepare for action, or make plans or a decision, you must stop long enough to think about what you are about to do.

THINK:

Once you stop, you have the time to think so that you can make the best choice. What should you think about? The ABC's of responsible behavior. That is:

- A. What are my ALTERNATIVES or choices?
- B. What is the BEHAVIOR that I will choose?
- C. What might be the CONSEQUENCES of the action I am about to take?

ACT:

Once you decide on your best choice, you must act upon it. Remember, you are making the choice. You are acting. You are responsible for what you do. To help you remember this, say I ACT. (" I am choosing to...")

REVIEW:

After taking action, review what happened as a result. Ask yourself:

- Did my action get me closer to or further from my goal?
- How did my action get me closer to or further away from my goal?