

The 6 R's Framework

Boost your decision-making skills with the 6 R's framework.

Recognize

Identify the decision point and understand it's significance.

Reflect

Consider your values, emotional state, and others' perspectives.

Research

Gather information and explore available options.

Reason

Analyze potential outcomes and implications of each option.

Resolve

Make a choice aligned with positive youth development principles.

Review

Evaluate results and extract lessons for future decisions.