

DECISION ANCHOR SHEET

Purpose: To help facilitators make quick, values-aligned decisions in the moment while keeping the group's needs at the center. Use this sheet during or after a session to guide reflection and strengthen adaptive decision-making skills.

WHAT IS THE CORE PURPOSE OF THIS MOMENT?

(What were we trying to achieve emotionally, socially, or cognitively?)

WHAT DO THE YOUTH NEED RIGHT NOW?

(Connection, safety, energy, autonomy, space?)

WHAT CAN I LET GO OF TO PRESERVE GROUP FLOW?

(Agenda item, timing, control, perfection?)

Facilitator Tip: Use this anchor sheet as a mental checklist in real time—especially when things don't go as planned. The goal isn't to stick to the agenda at all costs, but to make choices that best serve the group in that moment.