

## C.R.O.S.S.ROADS™ Decision-Making Process

General decision-making \* Goal-setting \* Problem-solving \* Conflict Resolution

Name Gabe Isaacs Date 9/12

General decision-making  Goal Setting  Problem-solving  Conflict Resolution

Life Principle  Expectation  Creed Self-Discipline



1) C - CHOICE - My choice: Should I do cross country to get in shape for track?



2) R - REALITY - What is happening now? I haven't been doing anything for keeping in condition except some running on my own on weekends when I'm not working.



3) O - OPTION/S I can try:

IF	Then
A. <u>I do cross country</u>	A. <u>I'll be in better shape and have a chance at breaking some track records.</u>
B. <u>I don't do cross country, I'll be able to work more hours and earn more money</u>	B. <u>I'll be able to buy the car I've looking at sooner but I'll be out of shape.</u>
C. <u>I work fewer hours after school, &amp; do cross country, I'll do much better at track.</u>	C. <u>coach says I might get a scholarship then I could afford to go to college</u>



4) S - Select one or more: I want to try: (A) (B) (C) (Underline or circle)

Plan the steps I will take to make choice happen:

a) Check out the practice schedule for cross country with the coach and find out dates for meets I'd be expected to attend and make an event calendar

b) Talk to my boss about the hours I'll be available to work.

c) Talk to the track coach about what I would need to do to be considered for track scholarships

The Track coach can help by: working with me to set up a training program

Teacher, Parent, or other person

in addition to doing cross country.



5. S - Start over - I will check and revise my plan  daily  weekly  monthly

Other:

My accountability partner is my DAD, Ben Isaacs