

C.R.O.S.S. ROADS™ Decision-making Process - Sign Language, Emoji, and Quotes

Step One:

Identify the question/s, goal, conflict or problem to be addressed.

Step Two: (Optional)

Select phrase/s from Bible verses or identify a Life Principle that might be apply to the situation.

Step Three:

Begin asking the questions in the *C.R.O.S.S.ROADS™* decision-making process. This may be accomplished just verbally or more formally with the *C.R.O.S.S.ROADS™ worksheet*.

Step Four: End with either verbally sharing your decision with someone and/or writing it down so it may be referenced. This aids in personal accountability in following through with the choice.

C.R.O.S.S. ROADS™



Sign: CROSS - With left forefinger extended palm down, place right extended forefinger across it.



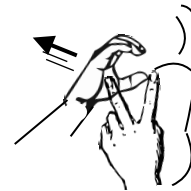
Sign: ROAD - With 'R' palms down in front of you, make forward side-to-side motion (like a road)

"I am who I am today because of the choices I made yesterday." - Eleanor Roosevelt

C - CHOICE - What is the choice being made?



Sign: Choice: Make 'C' with palm-out right hand. Move it back towards body from a palm-in left hand 'V'.

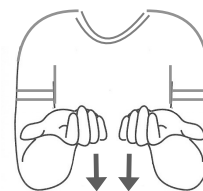


No matter what the situation, remind yourself, "I Have A Choice." - Deepak Chopra

R - REALITY - What is happening now?



Sign: Now: Drop down bent hands palm up.

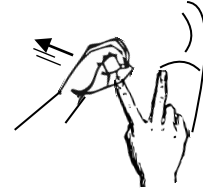


"We are a product of the choices we make, not the circumstances that we face." - Roger Crawford

O - OPTIONS - What are some choice options?

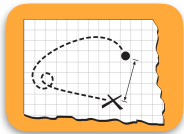


Sign: Option: Make 'O' with right palm-out hand. Move it back towards body from a palm-in left hand 'V'.

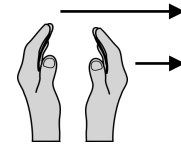


"We must all make the choice between what is right and what is easy." - Professor Dumbledore

S - SELECT ONE AND PLAN. - What personal effort is necessary to make the selected option/s happen?



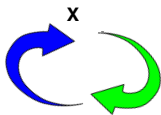
Sign: Select: Make 'S' with right palm-out hand. Move it back towards body from a palm-in left hand 'V'.



Sign: Plan: Move palm-facing flat hands facing out from the body to the right.

"If it is to be, it is up to me." - William H. Johnsen

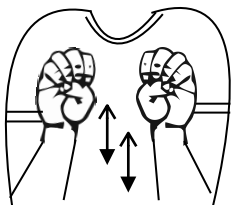
S - START OVER - Evaluate choice and repeat process.



Sign: Start - Twist right index finger in between the left index and middle finger of open left hand.



Sign: Over - With palm-down, circle right hand over the back of the left.



Sign: Evaluate -
Make 'E's with both hands and move alternately up and down in front of the body.

"I choose to live by choice, not by chance." - Author Unknown