

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



- C** - Choice - What is the choice being made?
- R** - Reality - What is happening now? What would I like to happen?
- O** - Options - What are some options?
- S** - Select one and Create a plan! - What personal effort is necessary to make the choice happen?
- S** - Start over. - Evaluate choice and begin process again as needed.

Applying the Life Principle of SELF-DISCIPLINE

- 1) Choice - What is the choice being made? Do I change what I'm doing with my homework so I don't make so many mistakes or turn it in late and get poor grades?
- 2) Reality - What is happening now? I either rush through my homework to be able to do other things or put off doing it until after it's due.
- 3) Option/s - What are some choice options?

Option - "If ..."	Results - "Then ..."
A) I keep rushing through my homework and turning it in late	my grades stay low and I get even more behind and have more privileges taken away.
B) I slow down and take more time	I'll make fewer mistakes and get better grades and get my privileges back
C) I do my homework first after school before anything else	I can turn it in on time and get better grades and get my privileges back.

- 4) Select Option/s B & C and Create a plan.

What specific personal effort is necessary to make my choice happen?

- Who, What, When) (See **C.R.O.S.S.ROADS™ Planning Sheet** if needed)
- i.e. Goal-setting - write out specific steps to help achieve goal
 - i.e. Problem-solving - seek assistance, develop a procedure, etc.
 - i.e. Conflict Resolution - walk away, apologize, etc.

I'm going to do my homework right after school at the kitchen table away from my electronic game and the tv. I'm going to use more self-discipline in not rushing through it and also check my work.

- 5) Start Over – Evaluate choice and begin process again as needed.