Step One:
Identify the decision, goal, problem, or conflict to be addressed.

Step Two: Optional
Select phrase/s from the any or all of the Creed/Expectation/Life Principle, or other documents that might be pertinent 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.

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 choice options I might try?
   What options have I tried so far?
   What are the benefits/pitfalls of these options?
   (For conflict resolution the choices listed in the CHOICES RAP may be used for ideas.)

S - SELECT OPTION/S! - PLAN!
   What specific personal effort is necessary to make my choice option/s happen?
   Who and/or what are needed to make this happen?
   What is the time line?

S - START OVER - Evaluate results of choice and use process to revise as needed.

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

Decision-making Resource Tools:
1. C.R.O.S.S. ROADS™ Decision-making Process Task Cards
2. C.R.O.S.S. ROADS™ Decision-making Worksheet with Examples
3. C.R.O.S.S. ROADS™ Planning Sheet with Examples
4. C.R.O.S.S. ROADS™ Progress Analysis with Examples
5. C.R.O.S.S. ROADS™ Goal Setting Resources - a complete unit of introductory materials including a sign language component
6. Eight Expectations and Life Principles
7. Choices Rap Card (for conflict resolution)
8. CHOICES Creed Card

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