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.

1) Choice - What is the choice being made?

2) Reality - What is happening now?

3) Option/s - What are some choice options?

<table>
<thead>
<tr>
<th>Option - “If…”</th>
<th>Results - “Then…”</th>
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<tbody>
<tr>
<td>A)</td>
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<td>C)</td>
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<td>D)</td>
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4) Select Option/s ______ 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.

____________________________________________________________________

____________________________________________________________________

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