

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 EFFORT

1) Choice - What is the choice being made? _____

2) Reality - What is happening now? _____

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

Option - "If ..."	Results - "Then ..."
A)	
B)	
C)	

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.