



Choice

What is the choice I'm trying to make?



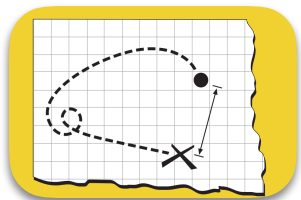
Reality

What is happening now?
What do I want to happen?



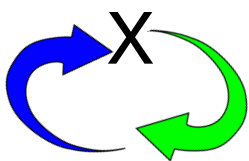
Options

What are some choice options I might try?



Select option/s and plan

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



Start over

Evaluate results of choice and use process to revise as needed.