

# W O R K I T !

# W

**WHAT** is the problem or issue?

**WHO** will be affected by what you decide?

**WHO** can help you with this decision? (helpful people)

1

2

3

# O

**Think about your OPTIONS and choices. What would your helpful people suggest?**

OPTIONS	CHOICE A	CHOICE B	CHOICE C
Describe each option or choice			
For each choice, what <u>good</u> things might happen?			
For each choice, what <u>not so good</u> things might happen?			

# W O R K I T !

# R

**RATE it** (circle your answers)

0=Very Bad 2=OK 4=Very Good

OPTIONS	CHOICE A					CHOICE B					CHOICE C				
Enter your options or choices from the previous page.															
	VERY BAD	OK	VERY GOOD	VERY BAD	OK	VERY GOOD	VERY BAD	OK	VERY GOOD	VERY BAD	OK	VERY GOOD			
How will you feel 10 minutes after you make this choice?	0	1	2	3	4	0	1	2	3	4	0	1	2	3	4
How will you feel 2 weeks after you make this choice?	0	1	2	3	4	0	1	2	3	4	0	1	2	3	4
How will you feel 1 year after you make this choice?	0	1	2	3	4	0	1	2	3	4	0	1	2	3	4
How would the #1 person most affected rate this choice?	0	1	2	3	4	0	1	2	3	4	0	1	2	3	4
How would your #2 "helpful person" rate this choice?	0	1	2	3	4	0	1	2	3	4	0	1	2	3	4
<b>TOTALS (Add up your ratings for each choice)</b>															

# K

**KNOW** more about what to do:

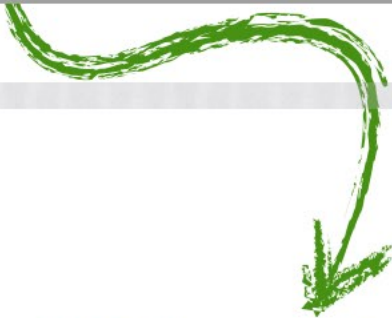
Look over your choices and your ratings. Think about how other people will be affected and what your "helpful people" would say. Describe your best choice here.

# W O R K I T !

I

**IMAGINE** how you will turn your choice into action!

What specific steps are needed? List them in order.	When will you do this step?	Who can help with this step?	What "roadblocks" might get in your way? How will you get around them?



T



**TEST the results!**

Have I made progress toward resolving my problem? What needs

←←←← to happen next?

Give yourself time to carry out your plan. Use this worksheet as a reminder. Then see what else needs to be done.