

# A Necessary Life Curriculum

## A STEP INTO THE GRANDEUR-OF-YOU

### *Choice Points in Action*

THROUGHOUT THE WEEK (FOR 7 DAYS) TRACK AS MANY  
CHOICE POINTS THAT COME FORWARD FOR YOU.

- 1) *Staying up and watch another episode or go to sleep early* \_\_\_\_\_
- 2) *Sharing what I really wanted to eat or saying, "Whatever you want."* \_\_\_\_\_
- 3) *Answering a call from a friend continue working on a work project.* \_\_\_\_\_
- 4) *Sharing how I feel about a part of my relationship or staying silent.* \_\_\_\_\_
- 5) *Speaking up to a friend when I felt hurt or keeping it in.* \_\_\_\_\_
- 6) *Saying something when I am hungry or waiting for others to tell me they are.* \_\_\_\_\_
- 7) *Eating a healthy meal or eating something that is not.* \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_
- 11) \_\_\_\_\_
- 12) \_\_\_\_\_
- 13) \_\_\_\_\_
- 14) \_\_\_\_\_
- 15) \_\_\_\_\_
- 16) \_\_\_\_\_
- 17) \_\_\_\_\_
- 18) \_\_\_\_\_
- 19) \_\_\_\_\_
- 20) \_\_\_\_\_
- 21) \_\_\_\_\_

