

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) _____

