

EXPLORING CHOICES...



Creating Change

Name:

Date:

This worksheet encourages self-reflection and responsibility while providing a structured way to work through challenges using Reality Therapy principles.

1. WANT - What do I really want?

- What do I want in my life right now? (Emotionally, socially, etc.)
- How does this issue or challenge fit into what I want?

2. DOING - What am I doing now?

- What choices am I making that impact my current situation?
- How do my actions align (or not align) with what I want?

3. EVALUATE - Is what I'm doing working?

- Are my current behaviors helping me get closer to my goals?
 - Yes
 - No
 - If not, what's getting in the way?
- How do I feel about the choices I'm making?

4. PLAN - What can I do differently?

- What is one step I can take today that brings me closer to what I want?
- What support or tools do I need to help me follow through?
- How will I hold myself accountable?