

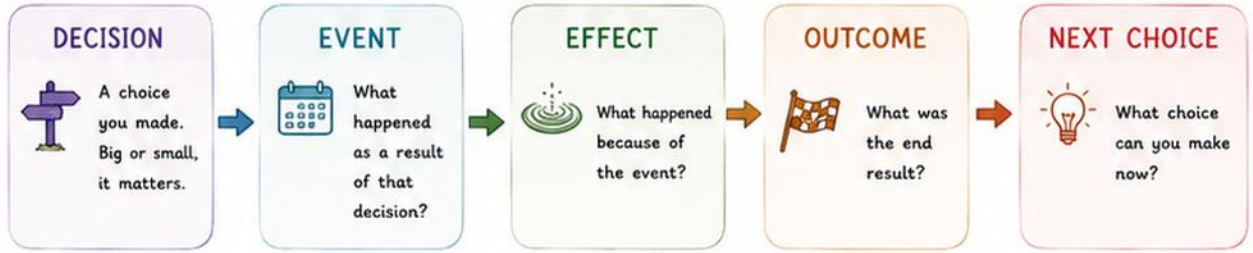
My Choices. My Path. CAUSE & EFFECT CHAIN

Every decision creates a chain reaction.

Where can you choose differently and create a better outcome?

LEGEND

- Positive**
Helpful, healthy, moves forward
- Negative**
Harmful, unhelpful, moves backward
- Choice Point**
A place where you could choose differently



Four identical rows of a Cause & Effect Chain template. Each row consists of five colored boxes connected by chain links:

- DECISION** (Purple): Includes a star icon and a signpost icon.
- EVENT** (Blue): Includes a calendar icon.
- EFFECT** (Green): Includes a ripple icon.
- OUTCOME** (Orange): Includes a flag icon.
- NEXT CHOICE** (Red): Includes a lightbulb icon.

Each box contains two blank lines for writing.

★ WHERE COULD I HAVE CHOSEN DIFFERENTLY?

Look at your chain. Where are the star points? These are places where a different decision could have changed the outcome. What could you have done instead?

- _____
- _____
- _____
- _____



HOW CAN I BREAK THE CHAIN?

What can you do to stop the cycle and create a better path?



- _____
- _____
- _____
- _____

MY NEW PATH FORWARD

What choices will you make to create the outcomes you want?



- _____
- _____
- _____
- _____

REMEMBER

- ★ You have the power to choose.
- You can change the direction.
- One choice can change everything.
- You are not your past.
- You are creating your future.



★ AWARENESS IS POWER. CHOICE IS FREEDOM. CHANGE IS POSSIBLE. ★