

Choice chart

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NAME

DATE

The choice chart can be an effective method to help people clarify where they'd like to focus. Sometimes, people may have a general idea of what they'd like to change (e.g., lose weight, be more productive, etc.) but aren't sure about the specific skills, practices, or actions to help them do that.

Using a choice chart can help map out an agenda for further exploration.

How to use this chart:

If a person has a general idea of where they might like to focus, place that topic of interest in the middle of the chart and work together to identify more specific areas related to it.

For example, if someone wants to learn how to eat "healthier", you could collaborate on identifying topics such as:

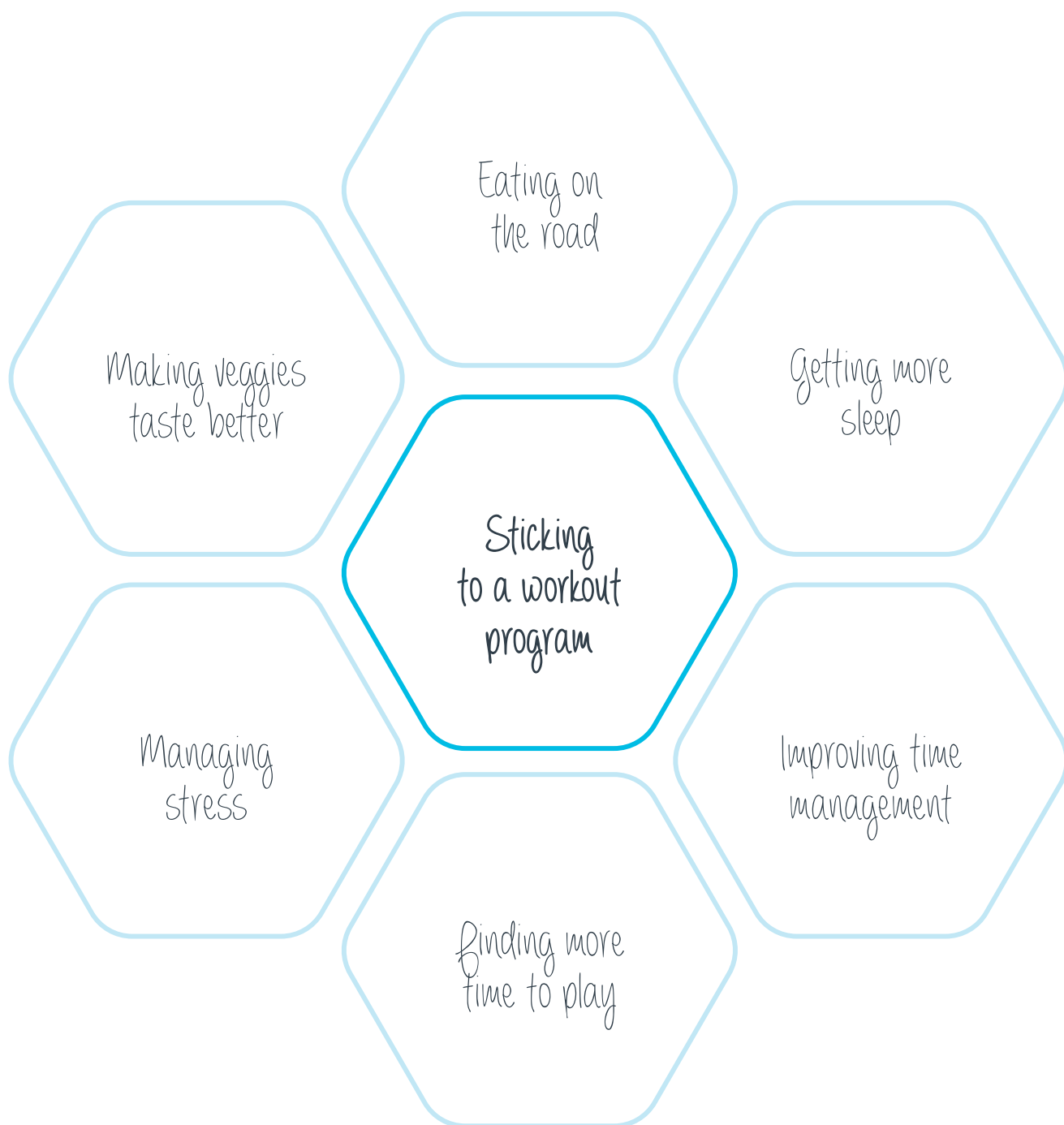
- Reading a nutrition facts label
- Shopping effectively in a grocery store
- Portion sizing and tracking

And so on.

You can also put together a few choice charts on various topics related to common goals and change areas.

Consider filling in a few areas to spark some initial discussion, but leave a few areas open for generating some new, but related topics.

Stay curious and compassionate. Agenda mapping with a choice chart is a great opportunity to get creative and help focus more directed, purposeful change.



Choice chart (cont'd)

