

# Choices and Benefits- “I choose”

“Sometimes you need to choose to do things you don’t want to do.  
Just remember your reasons for choosing.”

What are some of your goals for the type of person you want to be or the type of life you want to live?

For example: Get a good job, Be accepted to an educational program, Have a good relationship with family, Be a good friend, Be known as someone who is honest, responsible, caring, etc.

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What are some of the tasks you think of as  
“I have to do this” type tasks?

Reword why you choose to do these tasks that  
aren't fun... i.e. what's the benefit of doing them.

Have to:

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Choose to:

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