CHOICE MAP

**Purpose:** To provide a visual summary and guide for noticing one’s Learner/ Judger mindset as well as the questions, and the future, that each of these might lead"

You can think of the Choice Map as a mindfulness tool.

**Practice 1:**

Looking at the Choice Map, you can simply ask: Where am I right now? Am I in Judger? Where do I want to be? What is my ultimate goal in this situation? Which path will take me where I want to go?

**Practice 2:**

You can use the Choice Map to learn from a past situation that didn’t work out the way you would have liked. The Choice Map can help you to discover if a Judger hijack might have blocked your success. If so, what lessons can you learn from this? Knowing what you know, how would you handle that same situation?

**Practice 3:**

You can also use the Choice Map to learn from a situation that did work. What Learner questions made the difference? How did those questions help you to avoid the Judger Pit? If any Judger was present, what Switching questions might you have used to move onto the Learner path? What lessons can you draw from these observations that benefit you?