



Effective Eleanor

Goal

Choose options that would maximize her benefits

Motivation

Desire to select better decisions for herself rather than pleasing other people.

Conflict

Confrontation and rejecting others tend to make her uncomfortable

Attempt to Solve

Tried to distance from other and focus on personal desires

Environment

Avoiding the crowd

Tools

Smartphone, iPad, and Laptop

Skills

Communication and Relationship Building

Routine

Attends lots of events and leadership roles in multiple organizations

Habits

Weekly meeting and early bird



Morning

Evening

Night

Emotions



Actions

Making decisions on:
Clothing Choice (Jeans)
Eating Breakfast vs Not

Making decisions on:
Bike vs **Walk**
Homework vs **Gym**

Making decision on:
Dinner with Friend vs
Alone
Heading out vs Staying
in

Thoughts

(Jeans) Made me
uncomfortable
(Breakfast) Glad I eat
breakfast

(Transportation) Late to
Class
(Activity) Didn't submit
homework on time

(Dinner) Spend more
time than should've,
which led to less time on
homework
(Night Activity) Needed
lots of rest