Reflection Exercise: Listing your Options

Here are two grids you can use to list your options. Don’t hesitate to use only the one you prefer, to modify them or to create a different one that better suits your needs.

A. COLUMN-BASED GRID

<table>
<thead>
<tr>
<th>MY OPTIONS</th>
<th>Relevant Experiences</th>
<th>Relevant Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

B. ROW-BASED GRID

OPTION 1:

Relevant Experiences:

Relevant Information:

OPTION 2:

Relevant Experiences:

Relevant Information:

OPTION 3:

Relevant Experiences:

Relevant Information: