

**THE POWER OF
CHOICE**

**YOUR CHOICES TODAY
DETERMINE YOUR
TOMORROW**

JOCELYN WAYNE

THE POWER OF CHOICE

Your Choices Today Determine Your Tomorrow

By

Jocelyn Wayne

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INTRODUCTION

Thank you for downloading this fantastic guide—**"The Power Of Choice."**

We are all given the power of choice. Life is full of choices and is created by the choices we make.

Every day you make many choices, some conscious, most unconscious. You can float through life unconscious, blaming life itself, or others for your hardships. You can feel like a victim of circumstance, or a victim of your history and upbringing, or a victim of whatever you have justified to yourself. You can float through quite happily for a while too, making no conscious choices, just floating.

But all things pass, and happy states pass too, to come back again another time. Even when in a happy space making conscious choices, rather than unconscious choices, ensures you maintain equanimity in your life without the extremes of living unconsciously and being at mercy to all that comes to test you.

Perhaps you choose to stay as you are out of fear, laziness, lack of direction, or procrastination. But life will force you forward anyway. Nothing remains the same. Changes such as these rarely happen gracefully though. They leave you feeling like you have no choice. But having not chosen previously was also a choice.

Everyone suffers. Suffering is a part of life. It is a part of the growth process. But you can change how you react to suffering by your choices. Choosing to acknowledge that times of distress bring with them significant opportunities for growth and learning lessens the pain.

And while you may naturally look forward to when the storm has passed, you also choose to make it easier on yourself by looking for the gifts that are on offer during the storm. Then when the sun does come out again, you are stronger, renewed and more connected with yourself. No one says that choices are easy. But nor is ignoring yearnings of the heart a natural thing. And while honoring your heart does not exempt you from growth, a little light will always break through on occasions, continuing to light the way.

Whatever choices you are faced with, it is usually fear that genuinely holds you back. Fear of what others will think of you, of ruining their expectations of you or and being fearful of their reactions. It may be fear of the unknown. Or fear of failure. And strangely, one of the most significant concerns is fear of success.

So, what is a success? To me, it can do what you want, when you want and with whom you wish to. Success is knowing that your heart is happy and that the world is benefiting from you being here, no matter how small that contribution may feel.

Some people choose to work like crazy early in life to retire soon, always waiting for that first day of retirement to start living. What if you don't make it to retirement or don't have the freedom of health to enjoy it when it does arrive? We are not all here to live long lives. I've nursed enough people in their final days to have seen that.

Like a tree with leaves falling during a storm, some old leaves will hang on, and some old leaves will fall. Some brand-new leaves will stay, and some of those will also fall. It is the nature of life. Some people will live to an ancient age but many won't. None of us think it will be us who goes early, but neither did those who have gone before us.

So, you live with the choices you make. What is it that you want? What is it that your heart is calling out to you? Is fear stopping you from hearing your heart's voice? What is your biggest dream and what is stopping you from pursuing it? What stops you? Is it money, time, or fear? Because fear also represents lack of time and money, fear to step off the treadmill, fear or lack, or fear of finding new ways to approach life, to learn to see it from a new angle.

You have the choice to brave your fears, whatever they are. You have the choice to follow your dreams, whatever they are. You have a choice to live today and not see it go by in a blur of always chasing tomorrow. You have a choice. And life rewards those who take action.

Let's Get Started!

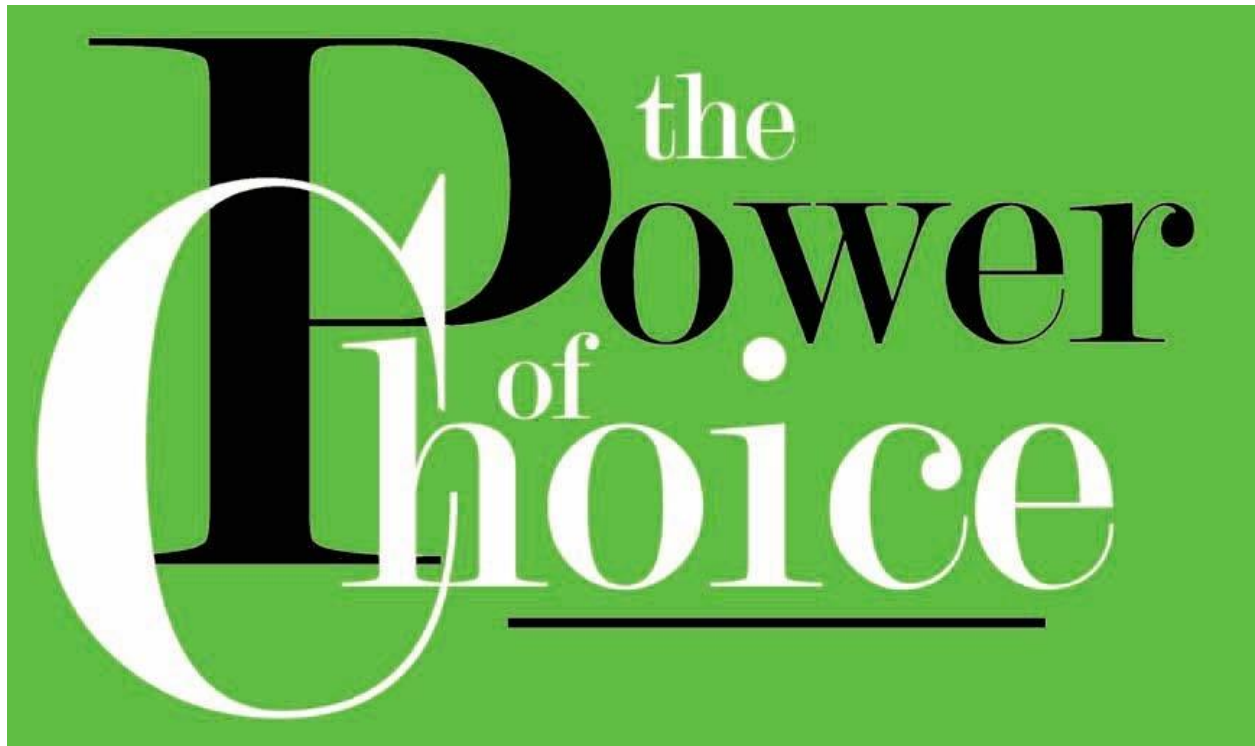
THE POWER OF CHOICE

"Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved." **Author -- William Jennings Bryan**

Using Will To Create Freedom And A Happy Life

When we're stuck in the middle of an unhappy or undesirable life circumstance, it often feels as if we don't have any choice at all. We feel trapped in a corner, or imprisoned in our unhappy bodies or lives.

However, no matter where we are in life there is always a choice about how we proceed. We can't change what is, but we can change what will be. The first step to lift out of an unhappy reality is to activate 'will.' Will is, perhaps more than any other factor, the key to human freedom and personal power. Will is the ability to choose a specific course of action deliberately. In simpler words, the will is your power of choice.

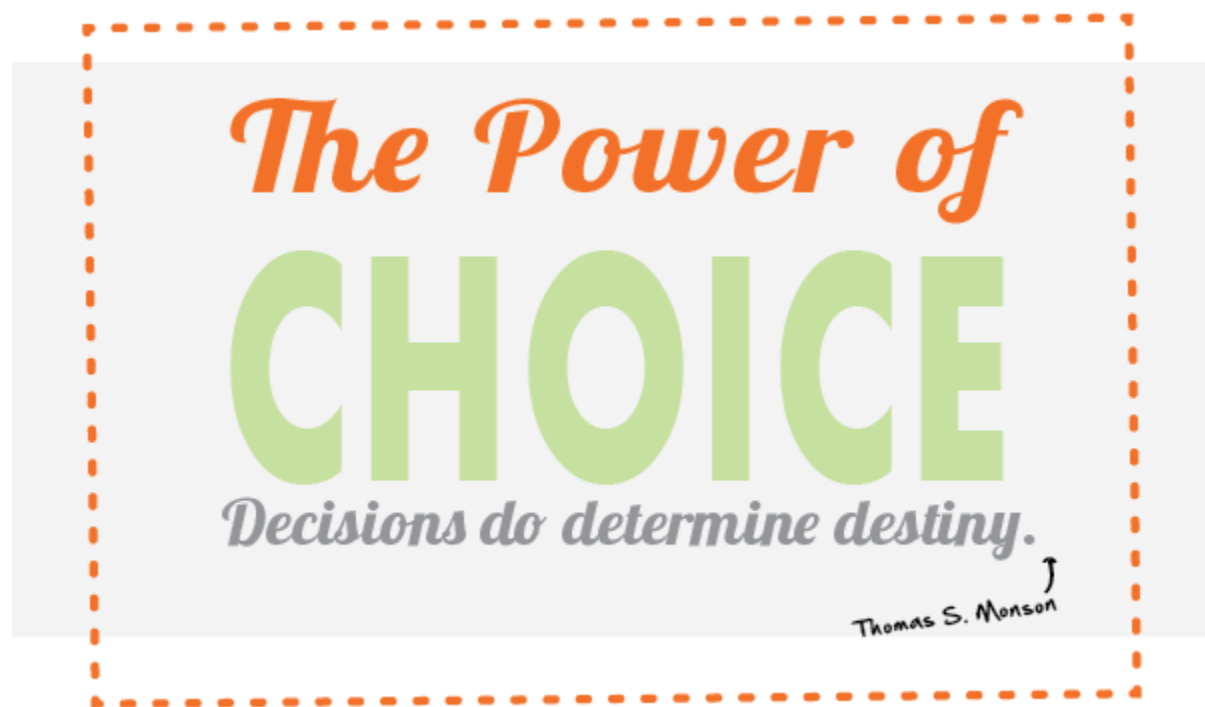


Life is filled with infinite choices. All around us are opportunities, challenges, and of course the path of comfort. In this smorgasbord of life choices, is it up to you to

decide the best actions for you based on your heart's passions. It means you can choose freely what you no longer want to experience and also choose what you do want to experience in your life. Recognizing that you will set you free and reward you beyond your wildest dreams.

Will Is The Ability To Choose

Often, we live our lives without making conscious choices for ourselves. We accept the circumstances of our life, taking whatever comes along. One day we wake up and realize we've been living a life that doesn't feel authentic. We're not happy. We keep doing what we think we should be doing to get by, yet feel lost, empty, and maybe even depressed. Then we convince ourselves we can't choose differently.



For example, you feel unhappy, but tell yourself, "I have spent so many years studying for this job, I can't possibly leave it now." Or, "My family has such expectations for me, I should fulfill those expectations whether I like it or not." Or, "I'm overweight, and there is nothing I can do about it." No matter how alien

you feel in your situation, how trapped you feel, you believe that you don't have a choice in the case.

Will is about knowing that you always have a choice. It is about trusting your instincts and deciding where you want to go in life. Will involves the creative spark of independence and self-determination. Will is your determined purposefulness, conviction, and resolve to live a life beyond the confines of should's, have to's, and feeling trapped.

Is Your Power To Choose Strong?

If you find that your will to choose is not fully developed, you feel out of control. If you have not learned to use your free will, you feel fragile and vulnerable. If you were brought up to obey others while denying and disowning your unique personal choices, you feel lifeless. If your will is ignored, suppressed, or hidden, the pain will arise.

Look closely at your own will. Is it frequently:

- Pushed around by the will of other people?
- Influenced by the opinions of others?
- Suppressed by your feelings, such as depression, guilt, anger, or fear?
- Immobilized by inaction and lack of direction?
- Weakened by self-doubt?

Notice if you do what you wish, from the core of your being, because you have willed it, or does some other factor dominate? Do you mold yourself to the expectations of others? What happens when you tell yourself, "I can create my life exactly the way I want it, in all dimensions body, work, family, relationships, community, and the larger world?" How does your inner voice respond?

Will Versus Willpower

Will is not to be confused with old-fashioned willpower. Stern, harsh, self-critical actions are not what we are talking about here. Willpower contains the heavy emotional burden of what you "should" be doing, instead of what you want to be

doing. It is filled with "trying" and "hoping" to do things while having doubt and lack of intention and confidence.

The exact function of will serves to provide direction, not to impose upon you. Will involves no threat or sense of guilt or punishment. Instead, will spring from within your core and contains life, excitement, and even passion.

Apparently, moving forward in your life with will also require effort and determination. It's not easy to create change or set out in a new direction. When your actions are born from free will, you move forward knowing that your efforts are essential to you.

Will Strengthening Exercise

Activating will implies that you act from the clarity of self, rather than impulse, desire, or habit.

How can you strengthen will? By becoming aware of your choices! Instead of living your life on autopilot or by force of habit, become aware of your everyday actions and behaviors. There is an opportunity to strengthen will in each moment. Here are just a few ways of activating will in various situations throughout life:

- Try something new.
- Make a plan and then follow it.
- Do something extremely slowly.
- When facing a minor choice, choose without hesitation.
- Act out of character.
- Refrain from saying something you are tempted to say.
- Do something that makes you feel insecure.

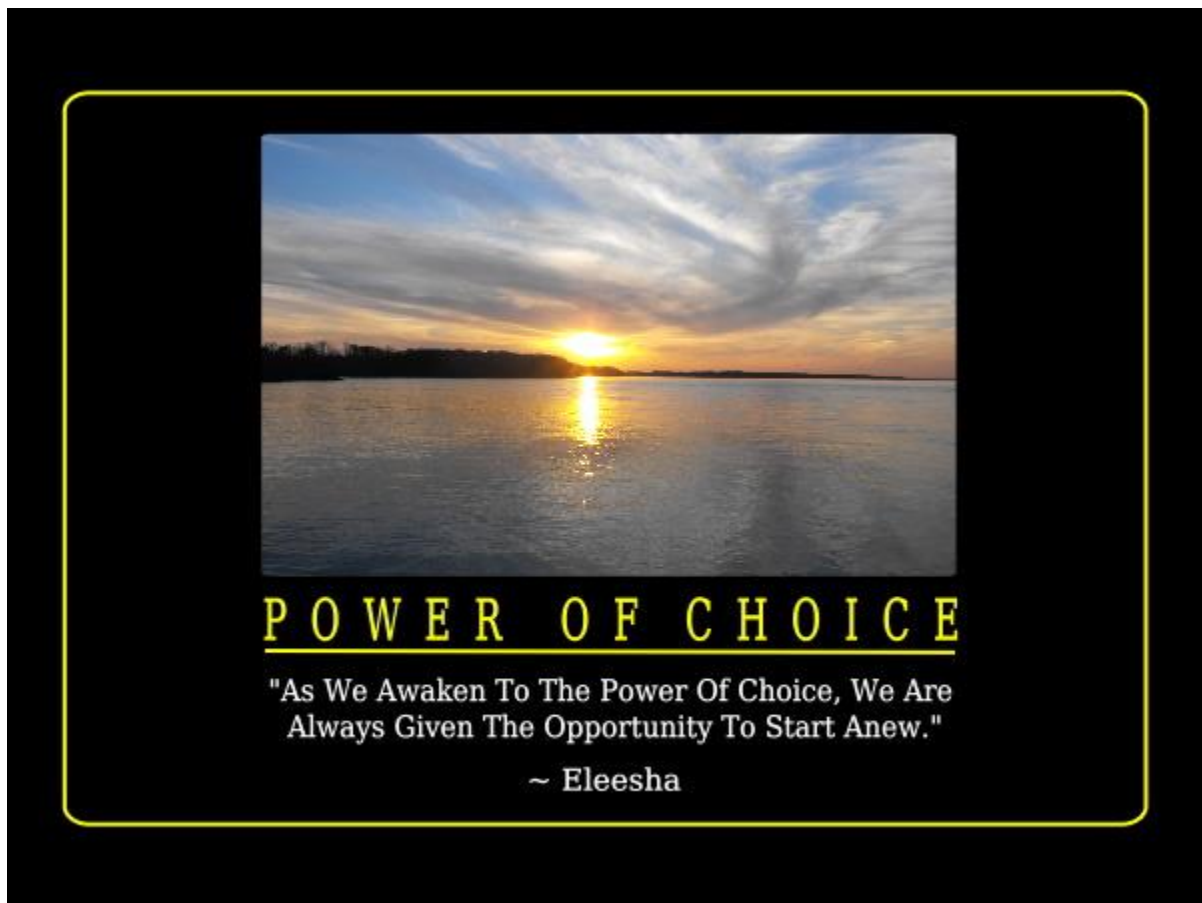
"Every problem contains within it the seed of an equal or greater opportunity. Not just some of the time, but all of the time." -Jill Koenig

EXERCISE YOUR FREEDOM

"The only things that change from where you are today to where you are going to be in five years from now are the people you meet and the books you read." - **Lou Holtz**

Chances are the choices you make, on a daily basis, are either keeping you from or moving you toward a better life, a more rewarding career, or the achievement of a lifelong dream.

The cold reality is the life you're experiencing right now is the result of choices you've made in the recent or distant past. As a result, you're now enjoying the benefit of making good choices or suffering the pain of going bad ones.



The good news is the one common denominator of the results of good and bad choices, are you? And, you have the absolute ability to learn how to make good choices. So, where to start?

In understanding the power, you have in making choices, you should start with the formula $E+R=O$, which stands for Event plus Response Equals Outcome. The premise of the formula is that the "outcome" of any "event" is predicated on your "response" to the event not the event itself.

Want proof? The next time you watch the evening news and see a story about a road rage incident, just think $E+R=O$. Someone cut someone else off in traffic, followed by an offensive gesture or verbal threat and, voilà a serious injury or worse is the predictable outcome.

But it doesn't end there. One bad outcome usually leads to another, and so the above scenario plays out with two families suffering much emotional pain and suffering. $E+R=O$ represents the power of choice.

On a less dramatic note, $E+R=O$ represents the successes or failures we experience in both our personal and professional lives. Whether we're talking about a decision to live a healthier lifestyle or alter the course of our career path, either of those events will require specific responses on our part to achieve a successful outcome.

Responses are directly related to opportunities. Someone cuts us off in traffic, and we have the opportunity to ignore it and move on, probably not a bad response. We decide to change our lifestyle, another chance requiring specific responses. A career change opportunity pops up; we have a decision to make: $E+R=O$.

The next time an opportunity surfaces, you should consider three possible choices that will have a direct impact on the outcome:

- (1) Pursue the opportunity;**
- (2) Do nothing, lie back and wait;**
- (3) Pass - just turn away as though the opportunity wasn't even there.**

It isn't an either/or proposition, by the way. One decision isn't necessarily better than the next. Your decision will have to be predicated on the circumstances of the opportunity.

If you choose to pursue the opportunity, you'll want to garner additional information. Doing nothing is also an option, but procrastination has caused more pain than gain. Passing, or doing nothing, is usually the worst option of the three but, for 80 percent of the population, it's the option of choice. It is why, by the way, it's easier to succeed than to fail.

Use The Power Of Choice To Increase Fulfillment

Sometimes we find ourselves stuck and unable to see the bigger picture, despite sensing its omnipresence. If you find yourself stuck, feeling dissatisfied and unable to pull yourself out of your mood, one of the best ways to start to shed the negativity is by listening to your thoughts. If you find yourself focusing on the 'I don't....', 'I shouldn't....', 'I'm worried that...' or any other invalidating thought pattern - challenge it.

Ask yourself what purpose is being served by dwelling on this series of thoughts. Try to shift from a perspective of scarcity to one of abundance. Instead of dwelling on all that your life lacks, or all the things you wish you had, turn your attention to how much you have right in this present moment. It can safely be said for many of us that life could be a whole lot worse.

Dwelling on the difficulties will only make life seem more difficult. Simple concept in theory, right? Unfortunately, we find it much more difficult in actual practice. We can train the mind to recognize when we're dwelling. Practicing mindfulness about our thought patterns is a useful tactic to facilitate the shift in perspective from scarcity to abundance.

Another factor to consider when attempting to elevate your mood and find happiness with your life as it is right now the fact that you are at choice in life. You can choose how you want to look at life. You can choose to change things in your life that aren't working.

You have made a choice thus far to deal with these things in a certain way. If you are in a suffocating relationship or a career that is draining all your energy and giving you, no fulfillment chooses to change that today. It takes a great deal of courage to make significant changes. If you don't like what life looks like today, make different choices. Being at choice is empowering.

When you wake up tomorrow morning commit to recognizing how you choose to look at life. Commit to making different choices in areas of your life that need improvement.

Attracting Prosperity

It's not always easy to remember that we have a choice in the circumstances we experience each day. Our physical surroundings may appear to be reliable and unchangeable but once we begin exploring the true power of our thoughts we quickly realize that a shift in mindset is often enough to transform even the most demanding situations.

The level of effort is the same no matter what we choose to believe and see in our lives. We can choose to see ourselves as financially challenged or growing more in abundance every day. We can choose to think that we are capable of achieving amazing things; or that we are stuck right where we are. The effort we invest in these alternate realities is the same just the outcome is different.

Being More Daring

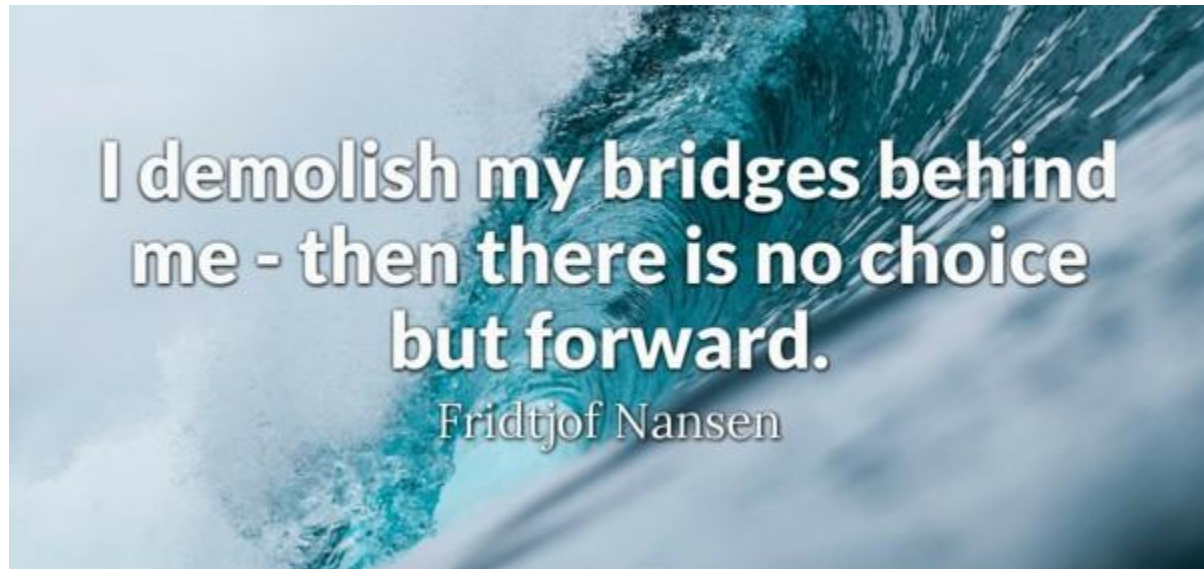
Some of us have learned to avoid taking risks because we fear possible negative consequences, but we often fail to see that chances can be opportunities in disguise.

If we were to ask a group of highly successful people how they became successful, many of them would likely mention taking a chance against all the odds or otherwise moving beyond their comfort zones. In other words, they had to be courageous. The most significant thing about courage is that it does not require an absence of fear but rather the determination to move forward in spite of

uncertainty. That means that every one of us can be courageous whenever we want to.

We don't have to wait until we are rich, prosperous, and powerful before courageously going after what we want. In fact, without courage, it would be virtually impossible to achieve those things anyway. Courage must come first.

Redefining Failure



Somewhere along the way many of us ended up believing that "failure" is a dead-end. Perhaps we tried to achieve something (or many different things), and it didn't work out the way we planned so we concluded that nothing ever would work out for us.

We forget that every so-called "failure" actually teaches us a lot about ourselves and helps us better clarify our vision of success.

No matter how many times we have failed in the past, it is never too late to try again. Every day we have the opportunity to wipe the slate clean and conceive new dreams, new goals, new beliefs about who we are and what we can achieve.

EXERCISING THE POWER OF CHOICE

"It's choice... not chance... that determines your destiny." -Michelle Jean Nidetch

The choice is the ability to select alternatives provided. It is an essential element or attribute that every human being possesses. With the going off every day, choices are being made. The moment the body is awake, the choice is made about what to eat, what to wear, what to drive and so on.

THE POWER OF CHOICE

Choices have two broad categories which are bad and good. The bad choices are those choices which end up with a negative result while a good choice has great consequences. Whichever direction the choices take an individual, one thing remains, that they have to live with the choice made. Every single choice (decision) has a corresponding or underlying result.

Guide To Make A Good Choice

➤ **Time**

Do not be under pressure to make a choice. You need to make a choice that you feel confident in knowing well that you will be the one to face the consequences that come.

Whenever there is pressure for you to make a choice then possibly there is an underlying reason why the person is pushing you to make that choice. Take as much time as you feel necessary to give you the best option.

➤ **Look at all the variables objectively**

Sometimes you may realize that you have 3 or 4 options to choose from. Your choice must not be hindered by any preconceived idea or belief you may have created for yourself lately. Judge each item on it's own merit and demerits.

➤ **Assess the financial implications of each decision**

Finances are one of the critical elements that one must consider when making a choice. "How much more do I need to pay for this option compared to the next one, how much more do I stand to gain from either one of the options?" These are questions to ponder on.

➤ **Test drive or taste the product**

Before making that final decision, where you have the opportunity to test before you buy then do likewise. This advice does not work for choosing a life partner though. You, unfortunately, have to trust that the choice you have made is the right one.

➤ **Be responsible for your choice**

No one else must be blamed if the choice does not turn out as intended. You must take responsibility for the choices you have made. Bite the bullet and live with that choice. You made it, after all, and no one pushed you.

➤ **Watch out for flowery promises**

Some products promise heaven and earth when they are some other "not so useful" planet. What they say in the advertisements can be misleading sometimes. Adverts are made by specialist sales and marketing people who are well paid to do that. Do not take everything at face value. Test the assertions.

➤ **Check for testimonials**

Who else has used the product? Customers are the best commentators or reviewers of any product. Again, the fact that X reacted to that lotion does not make it a bad lotion, X may be allergic to perfumed products.

➤ **Popular does not mean best**

The fact that product Z is so popular with a particular type of people does not qualify it to be the best product available. Do not make such an assumption. It can cost you. Maybe a particular segment that is low on finance portfolio favor the product which is not necessarily a quality product, but it can be bought in large quantities compared to others. Assess what you want out of the choices.

Healing From Grief And Loss

One of the most impactful changes in our life revolves around the loss of someone we love. Though we know this sad part of life is inevitable, many times we are unprepared to deal with the emotion of grief. Navigating through this challenging time can be less stressful when we understand that we still have the power of choice. Below is a list to help you retain your power of choice in dealing with loss.

1) Choose to Prepare

Be clear in your personal affairs and in expressing how you want things handled. Make sure loved ones know where all-important records such as a will, living will, phone numbers for an attorney, minister, etc. are. Express how you see your passing handled.

Do you want a burial service or perhaps a cremation? A well spelled out plan on all the arrangements takes a lot of uncertainty off those you love that are left behind It also helps them feel complete in honoring your wishes.

Find an appropriate time to ask your loved ones for the same information and explain to them with great compassion you are asking so that all arrangements are handled by their wishes.

2) Choose to Practice Forgiveness

Life can be fragile and altered in an instant. Harboring anger toward others or ourselves can leave us with great remorse that can be difficult to overcome in the event of a loved one passing. The ability to forgive readily not only relieves us from the guilt of what "should have been," it improves the quality of available time we share in the present moment.

3) Choose to Speak the Words, " I love you" on a regular basis.

Letting those you care about know how you feel reassures you that they understand how special they are in your life. It can be a great comfort to everyone when faced with an untimely loss.

4) Choose to be secure in Faith.

Discover and connect to knowing that the ebb and flow of life is intentional and part of a much grander plan than our existence here on earth. Take the time to understand what faith means to you and call upon it to help ground you daily and especially in times of loss.

5) Choose to allow yourself the willingness to be at the moment.

No matter how painful loss is, denial keeps us a prisoner of suffering. Seek help from a professional such as a Grief and Loss Coach if you are having a hard time admitting what has happened and moving forward in your life.

Winners Are Choice Driven

Day after day, hour after hour consciously or without realizing it, there is something that drives each one of us in a certain direction which ultimately determines what we accomplish that day. Over the long-haul winners are choice-driven, the mediocre are fashion drive, and the losers are wind driven. Put differently winners lead their lives, the average live their lives and the losers merely exist.

The most important choice that the winners make is the choice to be choice driven. Winners lead their lives the way a shepherd leads his flocks to the streams of water or the way a general leads his battalions into the battlefields. Like the great general, the winner is cognizant of the fact that he is in charge of resources that he must deploy wisely and efficiently if he is to achieve his objectives.

They accept that when it comes to their lives, the buck stops with them and no one else, not even their spouses, their peers, bosses or their superiors. The winners, therefore, have a very strong internal locus of control. Winners start with objectives and then deploy their resources to achieve those goals. They are like a pilot whose objective is to reach a specific destination and then embarks on the journey armed with resources such as a plane, fuel, flight crew and an elaborate flight plan.

And speaking of resources, each one of us is endowed with an endless and imperishable reservoir of mental, emotional, spiritual, and physical resources. The perishable resources such as material resources come out of the imperishable resources. Thus, for example, material resources such as money can be fairly accumulated by diligently applying one's mind and energy which are imperishable resources.

Research done at Stanford University in America revealed that in his lifetime the average human being expends only 2% of his mental capacity. Hitherto, you have probably been using much less than 2% of your potential. Imagine what would happen if you increased that to 20%. The immutable truth is that you are capable of achieving far greater and magnificent things that you have ever imagined. Even Albert Einstein estimated that he only used 10% of his potential.

Let us pause a little and take stock. What specific objectives are you pursuing? What things do you aim to achieve in this life? Are they recorded down somewhere? Winners are objective and goal oriented. Winners are not just trudging along on the journey of life. They travel with their eyes fixed on the guiding star and their hearts embracing a guiding philosophy. By doing this, winners do not just live, but they lead their lives.

The Mediocre Are Fashion Driven

The mediocre have no definite self-made agenda. They follow what others are doing. They are fashion or peer driven. If others are buying four by four vehicles, they immediately acquire the desire to possess a four by four also. If the mobile phone is the in the thing, they even pursue the mobile. If the neighbor makes a little money by opening a tuck shop or running a taxi business, they follow suit howbeit with less zest.

Invariably, they find themselves like little children joining the race for the toys of life. Thus, while winners ardently pursue their visions, the fair chase after the artificial symbols of success. They may even enjoy some success, but the naked truth is that they are not leading their lives, but living someone else's dream. In the final analysis, they accomplish not what they deliberately set out to achieve, but someone else's vision. It is like coming first in the 100 meters race when you are entered to compete in the marathon. There is no prize for that.

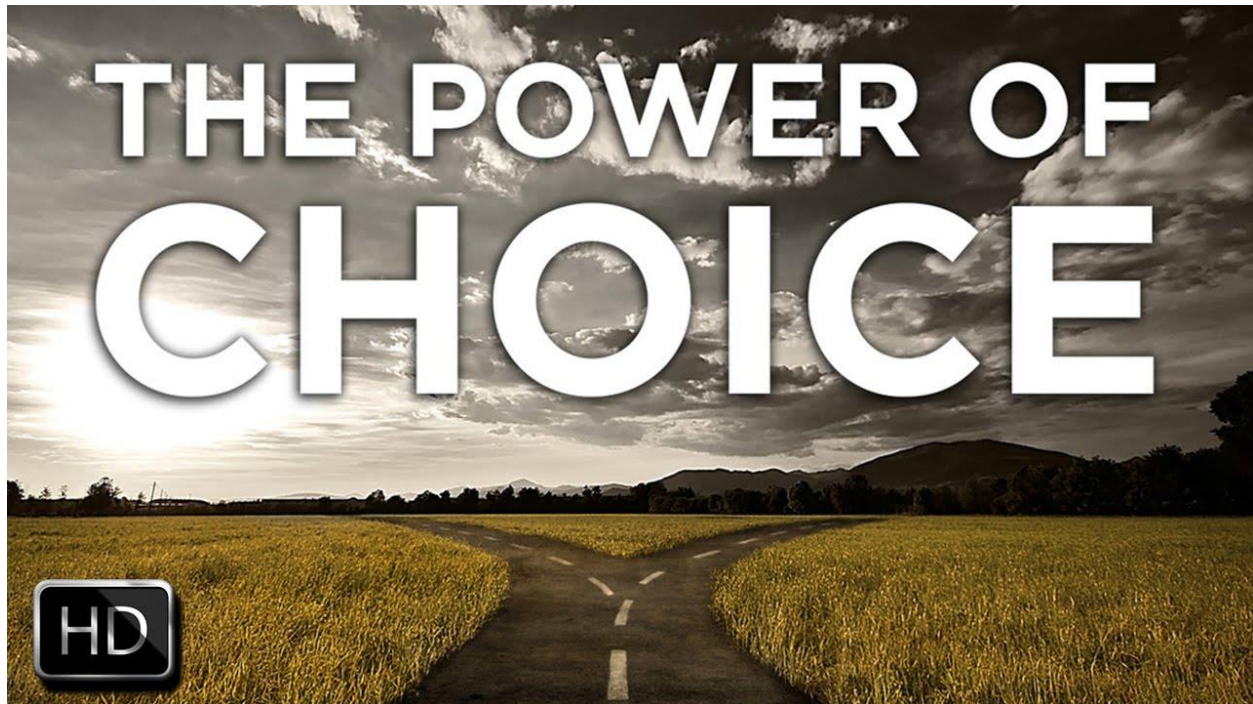
Nowhere is this phenomenon more evident than in business. The winning companies seek out and adopt the best practices in the industry because these practices fit in with their strategic objectives. The mediocre corporations follow the fad of the month. If others are adopting TQM or downsizing and retrenching employees, they also do similar things half-heartedly just for the sake of it. Not surprisingly they get average results.

Losers Are Wind Driven

The losers are the worst of the lot. They are like chaff that is driven by the wind. They know not where they are coming from, and whether they are going. They are entirely circumstance driven. They do not have a vision and objectives of their own. They also do not consciously follow the lead of others. The prevailing circumstances dictate to them what to do.

They are ever reacting to external developments. Not surprisingly they believe in luck and fate. They are entirely under the clutches of an external locus of control. In business, they have no management philosophy except that they are also trying

to make money. In short, they neither lead nor live their lives. They merely exist as statistics and victims of circumstances.



Winners because they are choice-driven take personal responsibility for their lives and the unfolding realities. The mediocre are always looking for someone or something to blame.

If it is not a colleague or an adversary that is the obstacle to their success, then they blame an external and abstract notion such as the economy. The losers already have it figured out. It is in their stars.

Fate is the scapegoat because instead of smiling at them it frowns at them. How wrong they are. The winning mentality does not brook any excuses. Not even circumstances. Winners bend unfavorable conditions. They tame and turn adverse circumstances into servants of their cause.

CELEBRITIES PERSONAL STORIES

Life Lessons About Choice

By Paula Harvey

Designing and living a passionate life is a choice. It sounds pretty basic and straightforward, but at times it's not. Looking back on my life, I remember saying on occasion: "I don't have a choice." It is now my experience that this statement is not entirely accurate. Grant, it, there are times when an external event dictates that I take a specific action or I experience certain emotions, but I am still at choice when this happens. I'd like to tell you my story and then give you my life lessons from my story.

My father passed away last year from cancer. When I first heard the diagnosis, I experienced fear, sadness, anger, grief and many other emotions that go with news like this. However, I did not want to have my life ruled by these emotions.

I chose to embrace my emotions and deal with them through different methodologies such as a grief workshop, writing in a grief journal, using "The Work," leaning into my spiritual practice and community, and being present with my father when I was with him or talked to him. My choice was to embrace the gift of my father, whom I loved very much and would miss with all my heart. I also chose to live free of the emotions that would have drained me. I chose not to be a victim of my father's passing, and it worked.

Here are the three principles about the choice that I learned from living my story:

I may not have a choice in the outcome of an event but I am always "at choice" in how I respond to the event, and I have found this to be very empowering and freeing. I am responsible for my choices. No matter what choices I make through my experience, I am accountable for those choices, no matter the outcome. If the outcome is not one that I like, I am at choice in how I respond to the result. It's straightforward to get caught up in believing that I don't have choices in life and to let external events steer me in directions that are not aligned with my passions. It doesn't have to be that way. I am always at choice.

What's your story? Is it one worth sharing and admiring, or will you live in reaction to events, and play the victim? Remember, you do have a choice in who you would like to be, what you do, and what you have in the world. Embrace the power of choice and start living a passionate life now.

We Always Have Choices Choices

For the first time since my mother's and sisters' deaths, I am sharing my journey from calamity to triumph, with the publication of *Repairing Rainbows: A True-Life Story of Family, Tragedy, and Choices*. *Repairing Rainbows* reveals my positive and determined view of life. It is not a depressing book about tragedy and loss. It is moving and heartbreaking, yet uplifting and hopeful at the same time. It is a story about love, strength, and appreciation. It is a story of courage and hope. It is a story about choices.

We always have choices. We choose where to live, what newspapers to read, and what clothes to wear. We choose restaurants, partners, stores, paint colors, friends, gifts, toothpaste flavors. We choose activities, careers, and hobbies.

And we get to choose our thoughts. We have an array of options at our fingertips when it comes to our reactions, views, and perspectives.

We can focus on the good or the bad, the gloom of rainy weather or the delightful fact that it's feeding our flowers, grass, and trees. We can complain about the storm or anticipate the rainbows. We can find traffic frustrating, or be thankful for the fact that we are lucky enough to live in a country with modern transportation. Standing in a long line in the grocery store can be annoying, or an opportunity to people-watch, or be friendly and chat with strangers in front. You can let an interfering mother-in-law's comments get under your skin, or be grateful for the fact that there is a mother-in-law at all. Walking into a mess made by the kids can easily trigger anger, or the realization that they were having fun, and then further gratitude for having kids at all.

... the list can go on and on.

We always have choices.

We can choose HOW to look at any situation, no matter what it is. We can choose thoughts that are inspiring and empowering. We can think about ways to persevere and overcome, or we can become victims. We can think about our life as a gift, or we can view it as a punishment. We can go through life with determination and zest, or drag ourselves through every day as if we are tied to a ball and chain. I choose to look at life through rose-colored glasses. For me, that means I choose to take a favorable view, even if I have to grasp at straws to find a glimmer of positivity. I will find a way to focus on the positives, look at the bright side, expect the best, and somehow remain optimistic.

I choose hope instead of despair.

I choose acceptance as opposed to judgment or rejection.

Forgiveness feels much better than holding a grudge.

Recognizing opportunities to learn and grow outweighs the burden of guilt and regret.

Truth and honesty are way more comfortable than lies.

I choose gratitude and appreciation rather than greed and jealousy.

I choose happiness for others, instead of envy.

I much prefer being upbeat and joyful, compared to down and miserable.

I choose to smile.

I choose to laugh.

I choose to live.

Looking back and reflecting on that time as a thirteen-year-old, when my whole life came to a disastrous halt, I now understand and fully believe in the power of choosing our thoughts. After losing my mother and two little sisters in a plane

crash, I was able to move forward, taking baby steps, because I chose hope. I refused to give up. I replaced fear and panic with hope and dreams. I never let go of my trust and faith in the future. I found positive things to focus on. I avoided miserable people. I admired the colors of flowers, trees, birds, and rainbows.

I listened to songs, finding words and messages that were happy and meaningful. I watched movies with happy endings, and read feel-good books. I spent time around animals noticing their joy and appreciation for everything - a walk in the park, the chance to play, a bowl of kibble. I don't live in a dream world. I am not naïve. I've enjoyed tremendous personal and professional success. The life lessons I share come from well-earned experience.

And I do live by the words of Carole King's song, Beautiful:

You've got to get up every morning, with a smile on your face

And show the world, all the love in your heart

Then people gonna treat you better

You're gonna find, yes you will

That you're beautiful as you feel

There's no template to follow that will determine the course of any tragedy and its effects. But the most desperate decision people have to make when faced with tragedy is whether to succumb to or overcome the sorrow. It's a choice about whether or not to respond to a crisis with hope. You always have that choice. You can give up, or you can go on.

I chose to go on. I chose life.

Lynda Fishman, M.S.W.

Author of Repairing Rainbows

LIVING A CHOSEN LIFE

"Choice implies consciousness - a high degree of consciousness. Without it, you have no choice. Choice begins the moment you disidentify from the mind and its conditioned patterns, the moment you become present.... Nobody chooses dysfunction, conflict, pain. Nobody chooses insanity" - Eckhart Tolle

Mindfulness is the practice of having a calm awareness of one's feelings, thoughts and experiences in the present moment, without judging them, or yourself, as good or bad. It means living in the moment and awakening to new experiences. It is part of the Zen mind, and It is one pathway to living a life of your choosing.



The Many Faces Of Feelings

Feelings are tricksters, and they manifest in all kinds of ways; as an obsession, confusion, loss of control, or dysfunction in many areas of our lives. Feelings can be triggered by anything - thoughts, beliefs, memories, tastes, smells, unconscious ideas. You suddenly see someone who reminds you of a cruel person in your childhood and become flooded with fear.

Or you are asked to do something you feel uneasy about, and anger arises. Sometimes you enter a meeting feeling right, pick up on the negative energy of others, and your happy mood disappears. Feelings are contagious, suddenly; you

too are pessimistic, nervous and glum. When you are in the grip of strong emotions, people and situations can easily manipulate and control you. We are no longer in charge of our minds, or spirits. We are not in a Zen mind.

➤ **Realize**

It is not the message you hear, but the way you perceive it, which causes suffering. A threatening person or circumstance thrives on your perceptions. It needs you to hold true the stories, beliefs, and ideas the situation is feeding you. It requires you to see everything it says as true, as dangerous and life-threatening. So, to achieve a Zen mind, we begin by understanding the nature of our perceptions.

To begin you have to look at yourself in a mirror, and not push away unwanted feelings. First, stop and be aware of your thoughts, your surroundings, and your emotions. You must be willing to stand back, make their acquaintance, let go of resisting them and see them for what they are.

Notice what is going through your mind. Feel your feet connected to the ground. Listen to your breath. You may see an image of your past or a fear of the future. You may realize a false belief you are holding. Before you can see the truth of a situation, and before you can reclaim your inner freedom and the full measure of who you are, you must stand back and grow to understand how your feelings arise.

What triggers your feelings? How do they disguise themselves and take hold in so many areas of your life? When you answer these questions, you become empowered; you have achieved a Zen mind and can live a chosen life.

Choosing Choice

Life is like a rollercoaster ride. There are lots of highs and lots of lows. Do you want to hold your breath and worry your way through it or would you rather enjoy the ride, with your hands in the air, screeching with laughter and adrenaline most of the way? Do not get me wrong. There will be times when the sides come

down and cover your face because of deep trials, testing your human spirit so brutally that you may very well feel like getting off the ride.

You aren't supposed to be shrugging those moments off your shoulders as nothing happened, all in the name of remaining positive. Feel your way through it. The good thing about a breakdown is the possibility of a breakthrough. There is always something to learn and take away from any experience.

You control the way you feel about things. You can choose to let a silly comment get the better of you or choose for it to evaporate into thin air. People who walk around feeling sorry for themselves seem to have forgotten the power which is their birthright.

The power of choice. You can begin to take that power back by making small little steps into recognizing how you are choosing to be a victim instead of a leader in your own life. If someone is 'making' you feel bad, then choose to feel differently or choose to eliminate that person from your life.

The choice is like your freedom. Why would you want to live without a real understanding of how it can free you? Everything does boil down to a question of choice. The results which come from that realization are immediate so stop waiting around...stop, look and choose. If not now, when?

Choice=Power

When you think of choices, what comes to mind? Decisions like what to wear, what to eat or perhaps even what to do this weekend? These are all valid choices, but how many of us have been neglecting some significant choices in our lives. It is about choices that affect your life. Choices that you may make yourself or heaven forbid, allow someone else to make for you!

What! You may think, I don't allow other people to make decisions for me! It's true, however, that many of us don't realize how many of our own choices for empowerment we just toss by the wayside and allow others to have control.

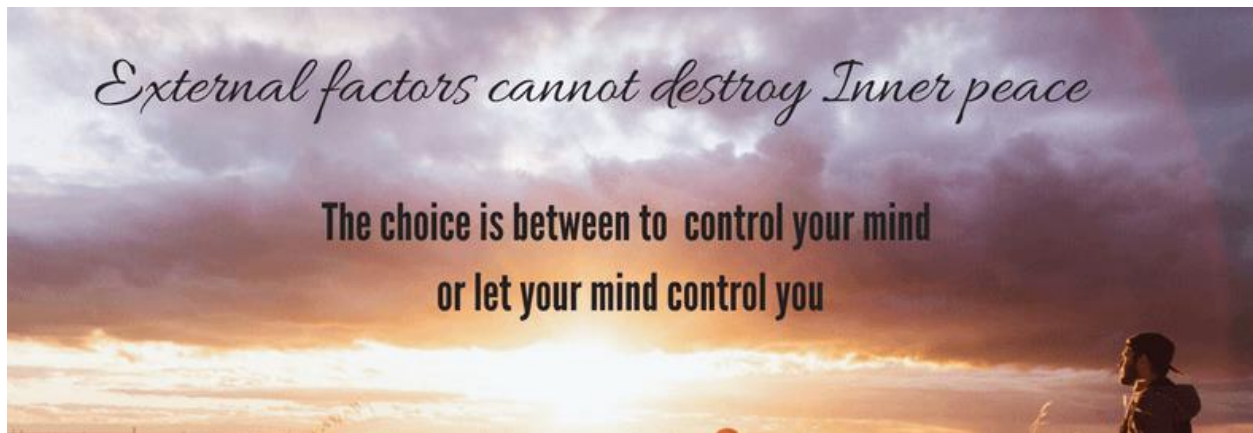
The Power Of Choice

Whose life is it anyway? Are other people living your life for you? Who will have to live with the consequences? They won't!

What this means is that you become more conscious of how you make decisions and choices.

Do you make decisions with confidence? With unwavering trust in your wisdom and competence? Do you ask others for their input before deciding? Do you ask others on a regular basis before coming to a final decision for yourself?

If you find that you are always looking for validation for sources outside of yourself, ask yourself why.



What is the motivation behind asking for someone else's input before a decision? It is not that this isn't a good thing at certain times, but if it is done on a regular basis, then the reasons behind it are worth exploring so that you can begin to trust yourself more and put your power back in your own hands.

If you find that you are basing many of your choices on what others think, then do the decisions represent the values that you want to embody for yourself? In other words, is it the choice you would have made anyway, or was your mind swayed by the responses you received from outside sources? If you find that you are unable to make your own decisions, then realize that you don't trust or value your own opinion as much as you do that of others. Allow me to now remind you that you are a valuable, worthwhile human being. Your ideas are just as valid as anyone else's.

And, when a decision or choice affects your life, then your opinion becomes that much more valuable. Why disempower yourself by handing over a decision that is important to you and changes your life-to someone else? When you do that you are handing away your power. If you question the fact that you are powerful, take a moment to remember that we all can make choices. This ability can never be taken away. Choice=power!

Your power of choice cannot be taken from you, you can, however, hand it over to someone else if you are not making your choices with faith and trust in your wisdom and knowing. Again, handing this power over is a choice. You can choose to stand in your power majestically, or, you can hand it over to someone else. Which will you choose? When you make a choice or a decision, ask yourself- "Am I empowering myself or disempowering myself?" "Am I giving my power away?" "Who will this decision ultimately affect?"

Empowerment is power on the inside. Call up your inner power and use it!

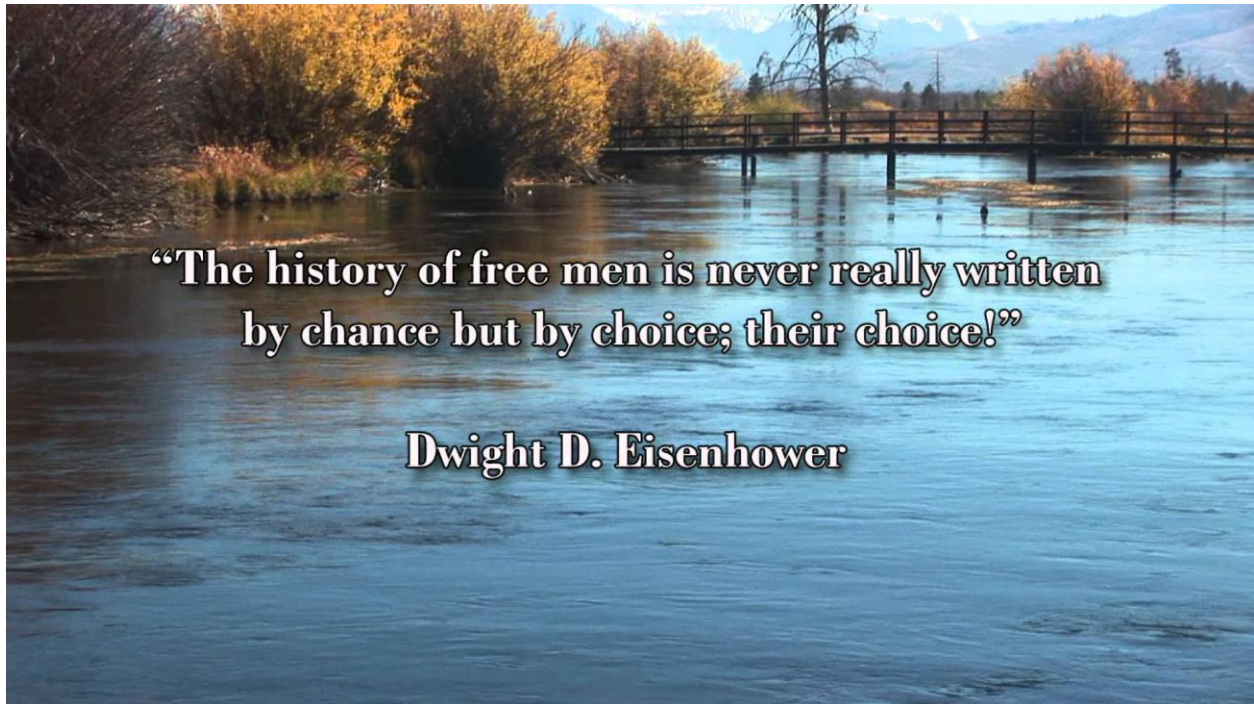
Some points to remember:

1. One of the most disempowering choices we can make is valuing the opinions of others above our own. When we do this, we are forfeiting our power of choice.
2. Think about why you have made the choices you have made in the past, or are making now. What has influenced you? Are you true to yourself in those choices?
3. Remember to make conscious choices! When you are conscious of the things you are choosing for yourself, you will be the focus and clear, leading to some very empowered choices!
4. Don't allow yourself to be programmed to believe that you don't have the power to choose what you want in your life because you do!

With Choice Comes Responsibility

With choice comes great power. With choice, freedom is created, but with freedom comes great responsibility. As Spiderman said, "Great power comes with great responsibility." You have the freedom to make the choices that you desire,

but also the requirement to take responsibility for those choices. I am very willing to take responsibility for the choices I make that turn out well, but not so enthusiastic to lay claim to the choices that don't turn out favorably. When you can take responsibility for every choice you make, you truly embrace the real power that comes with choice and the freedom to live your life as you choose.



The world doesn't always provide excellent examples of taking responsibility. We see politicians passing the buck, people suing companies for spilling hot coffee on themselves, and executives blaming everyone but themselves for the failure of their companies. Pointing the finger at others might seem like the easy way out, but it comes with a price, and that price is the loss of personal power. Whenever you blame someone for a choice you have made, you give your power away and are rendered helpless.

Learning to take responsibility can be a challenging lesson, but once you learn the power of taking responsibility, you will not want to go back. Choice enables you to create your life, and taking responsibility for all of those choices enables you to enjoy life on your terms.

HOW CHOICES MAKE OR MAR YOU

“You can't focus on where you're going if you're focused on where you're at”. -

Dean Pierno

The choices you make affect you either positively or negatively. Your greatest power in life is the power to choose. Choices are the most determining an influential factor in how your life turns out. There is a choice you have to make in everything you do.



Keep in mind that your choices have consequences. People who succeed in life make right decisions and follow them through. Self-discipline is essential because the kind of decisions you take depends on what you are. Know this: you do not always get what you want, but you do get what you choose.

Choose your actions wisely. Every time one makes a choice, he/she takes his/her ability and power of choice to a different level. With your power to choose, you turn your life to a hellish or heavenly circumstance. Never settle for less, go for the best.

Set a higher standard for yourself than what others might set for you. Do not be satisfied with the current level of success, and there is more excellent greatness ahead. Pursue excellence, which is the result of always thriving to do better. In

whatever you do, you will surely have critics so focus on what is right and live your purpose.

Don't see others as doing better than you; beat your success records daily because there is no competition in destiny, your only competitor is you.

Please, focus on your capabilities, not past regrets because spending energy on the past is wastage of resources.

With each choice you make, you change for the better or worst. To succeed in life, you need to know what you stand for and what you are against.

The critical choices you make regarding how you conduct your life matters a lot. You become what you choose.

Being prepared is half the battle won, you are advised to choose wisely be it business, friendship, career, marital relationship, investment, and etcetera. You are responsible for the result of your choices bearing in mind that your choices make or mar you.

The act of choosing anything like a life partner, profession, vocation, house, car, etc., is a significant one so you must exercise your power of choice with wisdom to enjoy favorable circumstances.

Great people give up the good to get the best; never settle for less. The power to choose is yours, correctly decide what to do with it.

Each of us has made choices that set the course of our lives on the right or bad side. You have all it takes to keep your life in the forward and upward lane.

Take Charge Of The Choices You Make

When you cultivate awareness of the choices you make even the small ones you reclaim your power.

Here are the choices to make when you want to reclaim your power and consciously create your life your way.

Choose To Be Aware

Awareness is your starting point. With awareness all forms of transformation, healing, and change are possible.

Choose What You Want To Focus Upon

To do this, you must know yourself. You must develop an intimate relationship with your self.



Choose To Maintain Your Focus Upon What You Want

Your current life is the result of where you have placed your attention in the past. If you want new or different results to take ownership for where you choose to focus your attention now.

Are you focused on what can't be, or what can?

Choose To Trust That Energy Gathers In Response To Your Choices

Or do not trust it. Test this idea and prove it to yourself. Check it out until you know the power of choice for yourself.

Choose To Receive The Manifestation Of Your Choices

Sometimes the very thing we want is right in front of our eyes while we are busy focusing on what we do not have.

Receiving is an art form that more easily blossoms when you choose to remember two things: First: You are a Magnificent Being Just the Way You Are. Second: The Universe is wise and loving and wants your happiness and fulfillment.

If you are unaccustomed to making deliberate choices for yourself, begin small.

➤ **Are you resistant to change?**

Join the club! And do not let your resistance stop you from realizing your dreams. Use these questions to trigger your awareness and your actions.

How will you know what to choose? (Start with your values!)

➤ **What matters to you most?**

If your current life were to end tomorrow what would be left incomplete for you?

What would you most like to experience next?

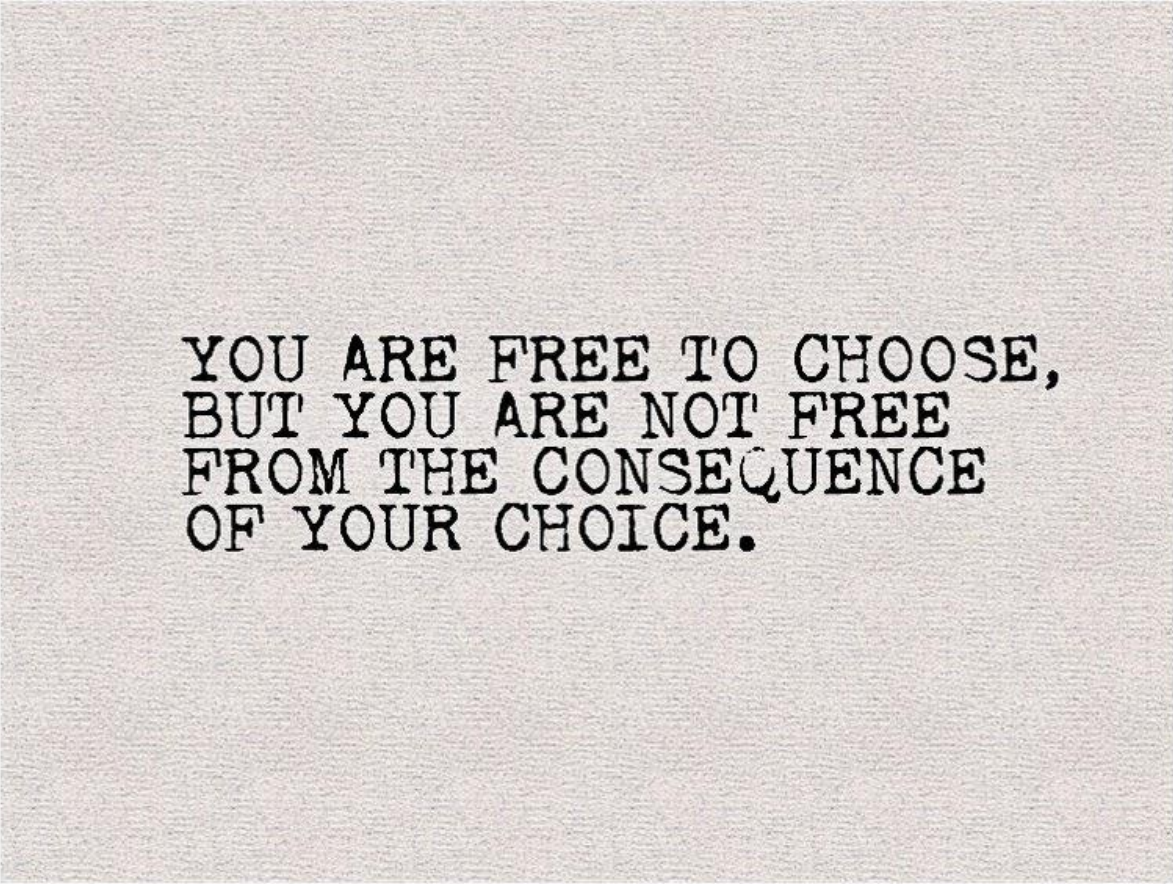
➤ **What are you waiting for?**

When you are clear about your values, you will find choices are much easier to make. And the more you practice making choices from a place of personal awareness the more power you gain.

HOW TO MAKE RIGHT CHOICES

"Character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved." **Author -- Helen Keller**

Decisions are the starting place of all achievements. Choices create our destinies and produce victory or failure in our lives. The results we experience are not the result of fate, but a matter of decision. We are the total of choices we have made, even if we made those decisions in ignorance, or permitted others to make the choices for us. Once we reach the age of accountability, we are responsible for what we do or don't do.



YOU ARE FREE TO CHOOSE,
BUT YOU ARE NOT FREE
FROM THE CONSEQUENCE
OF YOUR CHOICE.

This age of accountability varies for each person because we all come to a state of understanding right from wrong at different times in our lives. Most people reach

it by the tender age of twelve, if not before. It is the time when we as parents should be aiming at teaching our children how to make choices which are in their best interests.

So, life is all about choices. Decisions we make can impact our lives for a moment, a day, a month, years, years or eternity. But each choice carries with its rewards and consequences. It is really where we are all equal. Granted that we may not have been brought up by wealthy parents. Some of us have been brought up in homes with two parents, while others of us came up with a single parent. Some of us came up with no parents but were raised with other family members or in an orphanage.

Some of us came up in poverty and others in a more affluent family. Other things and situations may have been to some of our advantages or disadvantage. However, we all have a will, an ability to decide what we will and will not do, what we will and will not be and what we want and do not want. In this way, life is fair.

It does not matter how we were brought up when it was beyond our control. What matters is what we do now. So, will you become responsible for the decisions you make?

Many people, who came up in worst situations than you and I have made decisions which have catapulted them into a life of brilliant success. Others have allowed their circumstances to lord it over them and brought them into a place of defeat, shame, and regret. Their situations and circumstances had nothing to do with their condition. Our choices form our lives and nothing else. We can should we choose to do so, rise above anything that comes our way. We have been given by the Creator of the Universe the ability to shape the lives we want and experience the sweetness of real success.

How can we learn to harness the power of choice? Here are a few tips:

1. Realize that the creator gave you the ability to choose.

2. Understand that with the power of choice comes great responsibility. (One day, we shall all answer for every decision we had made or make in the future, before the creator who gave us this great gift of choice.)

3. Decisions should be made based upon knowledge. The more you know, not just guess, will give you an advantage in life. So, invest in education. Learn from those older than you, who have already made a success of their own lives.

4. Decisions should be made with common sense. Understand that both success and failure are marked by certain choices and behaviors. So, ask yourself, what do I want to be, do or have?

And ask again, what will it take to be that, accomplish that or have that? Search, find and model yourself after someone who is walking in the good and godly success you desire and learn all you can from them. Do what they do. And stay away from those who are not interested in making something out of their lives. Their influence can pull you down.

5. Understand that your choices are just that, your choices, so choose wisely, for you shall bear the reward or consequence of your action.

6. Realize that you can rise above anything if you are willing to think, plan and pursue those goals with a determination never to quit.

Controlling Life

Controlling life is about making choices that will result in moving you closer to the sort of person you want to be or to the kind of life you want to have. To achieve this, you need a clear understanding of what you want. It means you need to have a set of rules or a standard of behavior or clear goals in your life, so you know what you want. Your choices your decisions will put you in control, so you get the outcomes you want.

Here are some examples of how you can control life through the choices you make:

The Power Of Choice

One of your goals is to advance in your job, which would also be an important step in your career. You have been asked to make a presentation to an important client or management or board members. It is an excellent opportunity to show your talents. You get a phone call from an old friend to catch up the night before the presentation. You know this always ends in a late-night drinking session.



You know if you do this you will not be at your best. You need to be cleared-headed and well prepared, and you wanted to go over the presentation once more. You can decide that your job is not going to run your life and go out that night or you can postpone the meeting with your friend. You have a choice to make, which puts you in control. The decision you make will control the outcome.

You have a job interview with a company that you have been keen to work for as it will move you in the right career direction. You know they are a conservative company, and they like their people to dress conservatively and the men to be clean-shaven.

You do not like this style of dress and, as a woman, you like to wear reasonably casual clothes or short dresses or clothes that show off your cleavage. As a man, you prefer not to wear ties or to wear business suits, or you have a full beard in which you take some pride. You have a choice: to present yourself in the best way to get the job or dress as you please. Your choice determines the outcome.

Your doctor tells you to lose some weight and do some exercise. Otherwise, you will probably have some health problems in the future. You are already feeling uncomfortable with your weight, and you don't feel as healthy as you would like.

But to lose weight means you will have to cut down on or give up some of your favorite foods. Some of these are an essential part of your lifestyle: you enjoy dining out with friends or having a few drinks at the end of the day.

You do not want to have to change this. You have to make a choice enjoy your lifestyle now and pay later or change your lifestyle and enjoy a healthier way of life. You are in control of your life because you have the power to choose.

Make Choices That Enhance Your Life

Are you holding yourself back from choosing because you want to make only the right one?

Here's an exercise worth exploring if you're reluctant to make a wrong choice. Take a piece of paper and write these 2 questions; what do I want to do? And why do I want to do it?

If the answer to the second question makes you feel excellent (curious, enthusiastic, jazzed, nervous, excited, anticipatory, or exhilarated) then give it a shot. It may not turn out as planned but it will always offer another vantage point, a bit more information and it will undoubtedly provide a little more confidence in your "choosing" ability. That is of course if you promise to be kind enough to yourself to withhold judgment on the outcome.

Practicing choice is the quickest way to develop your intuition. And living by your intuition will improve a magical quality to the choices you make. You may still end up in unexpected places, but you will always be accompanied by a peace of mind that all is well.

The essence of choice is freedom, and the essence of freedom is a choice. The human spirit is not fragile. It is up for an adventure. Are you holding it back by refusing to make a choice?

FINAL REMARKS

Activating and strengthening your will is a conscious choice. It is also a courageous choice. Will requires that you take risks, do things that are different and often out of your realm of comfort. At times you may fail, or others may judge you. But you can do it!

You can strengthen your will, give yourself freedom, happiness, and live the life that is meaningful to you. It is only possible to be truly happy when you are first true to yourself!

Living a better life, having a more rewarding career, or achieving a lifelong dream will be the result of making choices. The choices you make will directly affect the outcomes.

Whatever your dream is if you believe you will achieve it you will. Oh, it will not happen by magic, it will take a hard word, time and a determination never to give up, but it will happen. If you choose to believe what you know is the truth about you and choose not to believe what negative people around you say, success is yours.

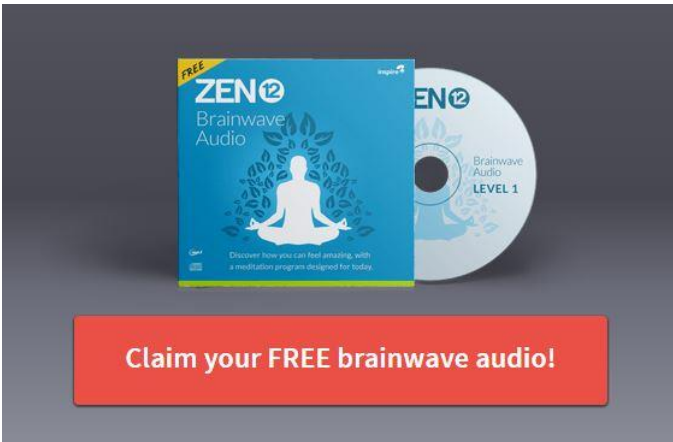
Success-minded people do not look back, they look forward and believe that the future is bright for them. You cannot change the past. No matter how much you want to or what mistakes you make. If you can do nothing about it, you best just let it go. You can, however, be better today and create a better tomorrow.

The choice is yours to make. Believe that you can succeed in the achievement of your dream or believe that you cannot. Either way, you will live with the consequences.

Thank You Once Again For Downloading This Fantastic Guide!

RECOMMENDED RESOURCES

Let Your Heart Decide The Right Path For You



Sometimes making a choice can be hard, why not go deep into meditation and let your heart decide.

Get all the benefits of 1 hour's meditation in just **12 minutes**.

[Claim Your Free Brainwave Audio Here!](#)

Health Choice In Real Life



Take a look at Meagan from Indianapolis, a mother of two, who lost **23 pounds** after discovering her doctor just months before had warned her that her weight was starting to cause some health issues.

It is a choice she made to stay healthy. It is a choice she made for her family and her two young children. If you face the same situation as her, will you make this choice too?

[Discover How She Make It!](#)

Your Choice To Plan



All of us know the importance of planning. As Benjamin Franklin said this: *"If you fail to plan, you are planning to fail."*

We need a roadmap to guide us to the destination we desire to reach instead of drifting through life without knowing where to go.

Your choices today determine your tomorrow

[Start Making The Choice To Plan Today!](#)