

CHOICES

Awareness Exercise

Worksheet

The purpose of this exercise is to become more aware of choices you make every day.

You will probably notice you make a lot of choices unconsciously without thinking of the consequences.

You will also have a clearer picture of what choices you are now making that support you in the way you want and how some of your choices may be undermining your success.

Please feel free to provide feedback on this awareness exercise. Was it helpful to you? Your input is valued.

DETAILS:

Choices Worksheet

Estimated time:

Ten Minutes

Intended for:

- Anyone who wants to get a clear picture of their life choices
- To be more aware of conscious choices
- To be aware of your unconscious choices
- To see notice how your choices are stacking up in your life and what possibly can be a better choice

Upon completing this exercise:

You will have a clearer picture of your choices.

Materials required:

1. Choices (PDF)
2. Printer.

Prerequisites:

None.

Choices

Awareness Exercise

Every day you make hundreds of choices. Most of them are small and seemingly insignificant. However, the life you live today is the sum total of all the choices you have made. How do they stack up? For example, eating fast foods and processed foods most of the time may have caused you to be overweight. Did you decide you hated to exercise? If yes, then possibly you've lost some of your flexibility and strength. Now you can't touch your toes, or walk up a flight of stairs without getting winded.

Take a look at the list below and notice what grabs your attention. Also notice what you may have not even thought about as being a choice. Remember this: What makes us human is that we can choose. As you decide on your destiny and what you want to achieve in life, your choices will be wiser and stack up in ways that will support your success. This exercise will help you be aware of your choices to see if they support you to be your best or undermine your success.

Life Management:

- What time you get up and go to bed
- How many hours you sleep
- How clean you keep your home
- How well you know yourself
- What you are doing to build character
- To garner the gifts of your mistakes
- To be grateful
- To avoid learning the computer
- To be an entrepreneur
- To work for someone else
- To have a well balanced life
- To be an interesting person
- How to view the past
- To own a home or live in an apartment
- To do things that empower you
- How much you respect yourself
- To be a pathfinder for your own life
- To follow the pack
- To tell the truth
- To be patient
- How much you worry

- How intelligent to be
- Where you shop and buy groceries
- How well you dress
- What music to listen to
- What movies you see
- How much TV to watch
- What books you read
- To cultivate your innate talents
- To make a difference in life
- What kind of friends to have
- Where you go for your vacation
- What skills you want to acquire
- What you want to be known for
- To have a bucket list of things you will do before you die

Health and Fitness:

- To be the right weigh for your height
- To eat whole foods most of the time
- To eat TV dinners instead of cook
- To eat fast foods most of the time
- To be health conscious

Health and Fitness Continued:

- To stop eating Transfat (in most packaged products: cakes, cookies et al)
- To not eat foods with MSG
- To cut down on sugar
- To drink eight glasses of water a day
- To drink sodas
- To drink diet drinks
- To not exercise
- To honor your body by taking care of it
- To be knowledgeable about your health
- To get regular exercise
- To be a non-smoker
- To drink too much alcohol
- To use illicit drugs to get high

Self-mastery and Relationships:

- How happy you are
- To be happy no matter what
- To be a great human being
- To be married and a great spouse
- To have children
- To feel abundant or poor
- How much you enjoy your family
- What holidays/Holy days to celebrate
- To let outside events determine your destiny and course of action
- To become the person you decide to be
- To be responsible for your life
- To not blame life, parents, or circumstances for your failures
- To grow through adversity
- To be prejudice
- How patient you are
- To create a life where you can thrive
- How you respond to problems
- To be on time for appointments

- How well you concentrate
- To make excuses for bad behavior
- What you think about most often
- To be critical and judgmental
- To know your purpose
- To creatively express your feelings

Finances:

- How much money you earn
- To have residual income
- On how to invest your money
- How much money you save
- To have a plan for prosperity
- To pay your bills on time
- To be financially free

Career:

- To have a career
- To use your talents to the ninth degree
- To go up the ladder of success
- To work at a job you hate
- To accept a poverty job and hope circumstances will change
- To love what you do until you can do what you love
- To have your own business
- To use your creative talents
- To take calculated risks to succeed
- To develop talents and change careers
- To be known for a specific talent(s)

Home and Material Possessions:

- Where you will live
- How many times you will move
- What style of home(s) you will live in and how it (they) will be decorated
- How to furnish your home