

# 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 result of how all those choices stack up over time. 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 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 this list and notice what grabs your attention. Also notice what you hadn't even thought about before 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 a way that gives you self-mastery and success. This exercise will help you be more aware of your choices, and show you where you want to grow and confirm where you have strength. It will give you insight about what you are now choosing to have, do or be.

### 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 be well balanced/interesting
- How you 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
- 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 vacations
- 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're dead

### Health and Fitness:

- To be fit and healthy
- To eat whole foods most of the time
- To eat TV dinners instead of cook
- To eat fast foods most of the time
- To stop eating transfat

- To cut out foods with MSG
- To cut down on sugar
- To drink eight glasses of water a day
- To drink sodas instead of water
- To drink diet sodas and 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 be moody
- To feel abundant or poor
- How you want to 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 prejudiced
- 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 live your passion
- 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
- How much money you save
- How much money you earn
- To be a 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**

- What kind of a home(s) you will live in and how it will be decorated
- What things you must acquire to be happy and fulfilled