



Make every day a “Choose” Day

1 September 2017

It was a conference I was at where the phrase, "If it is to be, it is up to me", was bandied about fervently like a catch phrase that would solve all your problems. Now like everything else, it is a truth it pays to remember, but it is also not the panacea to all our woes. Generally speaking as humans we tend to resort to passive and reactive behaviour far more readily than is good for us. After all it is so much easier and expends less energy to do nothing or to complain rather than do something. When you choose to do something, say something, take some action, you are acknowledging that you have power. You have the power to make a difference to you, to your circumstances, to others, to their circumstances, and to the world around you. And when you recognise your power and do something about it, you feel good. You feel strong. You feel capable and competent. You feel like things are happening. In short, you feel energised, vital, hopeful and empowered. You feel the opposite of depressed.

When you decide to choose to do something about your life, your circumstances and your surroundings you:

- Own your power and start forming a habit of acting empowered.
- Tap into your creative potential and become better and better at creative problem solving.
- Become an active participant in life rather than a passive, complaining observer.
- Act as a leader and serve as a role model for others.
- Create and co-create with others the life you want.
- Find out happiness is a by-product of being actively and positively engaged in the world.



So what can you choose to do today and every other day?

1. Choose to celebrate the good in life rather than concentrate on the bad and let it overwhelm you.
2. Choose to see the bad as lessons not disasters. Lessons are the price we pay for future benefits to come our way.
3. Choose to take responsibility for your words and actions. As an adult you are responsible for what you say and do, no matter how you feel.
4. Choose to act with self-empowerment rather than self-pity.
5. Choose to do what is right rather than what is easy.
6. Choose to see opportunities rather than obstacles.
7. Choose to build up rather than tear down.