



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.6, Issue 4, April, 2009
The Year of Illumination

Illumination of Choice

True or False: “I don’t have a choice”? Many times in our lives we find ourselves making this statement and feeling powerless. We do have the choice to accept what is coming toward us, such as a difficult decision about our lives, or to avoid it by making excuses, assigning blame or resisting it in some other way. The choice may be difficult, but it is a choice.

Many self development leaders say that being “in choice” is being indecisive. Often, this indecision brings about the feeling of being stuck, weak, overwhelmed or confused.

The belief that you have no choice but to keep suffering through whatever frightens you is like believing you have to hold onto a scalding cup so that you don’t spill your coffee. Guy Finley

Choice comes down to the following:

1. A clear understanding about what decision needs to be made.
2. Pertinent and up to date information.
3. A strong sense of what you value, such as family, trust, integrity, privacy and so on.
4. Steven Covey tells us to “begin with the end in mind. You will find it considerably easier to get results when you know what results you are seeking.
5. Understanding that you cannot control *how* you achieve the outcome you desire. Control is achieved by making a conscious a decision and acting upon it.

Denis Waitley says, “There are two primary choices in life: to accept conditions as they are, such as tolerating disrespect, or accept the responsibility for changing them”. Choice demands accountability.

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Choice is the key to moving forward, gaining strength, feeling enthusiastic and being clear about what you call into your life.

Let me share what Napoleon Hill said to drive home my point:

'Analysis of over twenty-five thousand men and woman who had experienced failure disclosed the fact that lack of decision was near the head of the list of the thirty-one major causes of failure. Procrastination, the opposite of decision, is a common enemy, which practically every person must conquer.'

Take a moment to answer these questions for yourself today:

1. What did I decide my goal is for today?
2. Is there something I am wrestling with that requires a choice?
3. Of those in my support group, who is most qualified to support me in this area?
4. What feeling or emotion will reaching this goal activate in me?
5. How will accomplishing this goal enrich my life?
6. Am I ready and willing to accept accountability to myself for pursuing this goal and not the outcome?

Action springs not from thought, but from a readiness for responsibility.
Dietrich Bonhoeffer

If you were to assess your satisfaction with each part of your life, on a scale from one to ten with ten being extreme satisfaction, how would you score the following parts?

- Relationships
- Career/income
- Enjoyment/recreation
- Personal development
- Health
- Community

Are the choices you make in your life bringing you joy and success?

The choices you make determine your results. Decide to take action ! Contact Renée at Renee@landofpossibility.com or call 866-337-2728, to experience a sample coaching consultation.
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