

## You Have the Power to Choose

All life is an on-going and unending experience. Every moment of our life we are making decisions. Some of these decisions can be life changing while others can be quite unimportant. The wonderful thing about choice is that we can choose our path and create our present and our future.

Life is not what happens to us or around us, but how we choose to respond to it. We tend to apply our personal judgments, opinions, beliefs and experiences to all aspects of our life. It is a reference point that we use for ourselves. Learning to see beyond these brings clarity in knowing who we are. Life is like a classroom, where there is a steady stream of loving teachers and professionals helping us to overcome our personal limitations, to access our life dreams and to help bring clarity and focus into our lives.

It isn't important what happens to us or around us, but how we respond to these events, circumstances and people. We must focus on what we want and don't let anyone discourage us from our dreams. When we pursue our dreams and goals, we are able to watch our future unfold, as we have wanted it to be.

To help make sure we reach our full potential, we need to face our fears, confront our doubts; overcome our negative self-talk and tendencies and start to trust ourselves. It is then we will know the real power, value, and self-confidence that are within each and every one of us. This helps us to choose wisely for today and plant the right seeds for tomorrow.

So let's make a decision for today, and forget our mistakes, and be grateful for the lessons they teach us. Let's discover our passion and purpose that we know will bring us peace and happiness that we search for. Let's also give ourselves permission to be patient as we go along this wonderful journey. And finally, let's make today count!

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