

What is your Choice?

- Eat healthy or eat junk food
- Exercise or be a couch potato
- Learn and grow or watch mindless TV
- Be proactive in the community or complain no ones does anything
- Do more and give more or complain you don't get enough
- Be a friend or don't have a friend
- Make time or have no time
- Love or don't be loved
- Share or be alone
- Help or don't be helped

You get the idea. Life is about choices, and we get to decide. However, once we decide, we have to bear the cost of our choices.

One can't sit in front of the television and then complain they don't have enough time. Everyone has 24 hours a day. It is about the choices in how the time is used or wasted. If someone else can do it, you should be able to also. They gave up something less important to them to accomplish the task. You can also.

You are the one who is to blame for what is and is not done. You are responsible. You get to make the choice. You are in control, or having control, have given it to another. If you have given it away, you can also take it back.

The only person to blame for where you are and your circumstance is yourself. You are where you are based on the choices you have made. You chose, and you have reaped the reward of your choices.

You can make a choice in an instant. But, it may takes days, weeks, months, or years for the choice to manifest in the final desired results. A choice to eat healthy food is not accomplished in a day. It is a one day at a time choice. A choice to obtain a college degree can be made immediately, but may take four or more years to accomplish.

The first step is the choice. The choice, in order to be effective and to be followed, needs to have passion and commitment behind it. The choice has

to have power and value in it in order to give you the willpower to continue towards its accomplishment.

Career choices can take many years. Fitness and weight can take a long time and must be maintained. It is not a diet, but a lifestyle change of eating habits. Choose to change your habits, and you change your life. It's that simple, it's automatic.

Choose this to get that. Choose what is right for you. Knowing it is right, knowing it feels good, knowing the value to you are the ingredients to motivate you to continue in those moments you want to slide back to your old ways. If you do, stop, reassess, and if the choice was valid, then start then and there again towards the positive choice.

We all slip, we all make a mistake. The key is to learn from the slip or mistake, and to reconfirm the value of the choice and move forward with it. Yes, it is that simple.

The choices you make today will effect your life long term. A one degree change in the course of a ship, over time, will change the continent it will land on. Yes, one small choice can make a lifetime of difference.

Want to do more, be more, accomplish more, be more attractive, be healthy, live longer? Then make the choice, pay the price, and do what has to be done to support the choice.

Be proud you can choose, and know your choices can take you where you want to go.