

Power of Choice

It's part of our natural human behaviour to make conscious and subconscious choices on a daily basis. On average, we make over 70 choices a day.

The choices we make have short term and long term effects, and it's important to remember all short term choices lead to long term choices.

I have the Power to Choose to:

- ◆ Build on good relationships
- ◆ Make my experiences count
- ◆ Look for the good in all things
- ◆ Ask for help when I need it
- ◆ Have an attitude of gratitude
- ◆ Respond or react to situations
- ◆ Live a life true to my values and convictions
- ◆ Allow others to come alongside and support me
- ◆ Believe the truth about myself
- ◆ Have healthy boundaries and respect