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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Not Making A Choice Is A Choice

By Coach Rachelle Disbennett-Lee, MS, PCC, CTC

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Not making a choice is a choice. Letting things happen by default is a choice. If we choose to give up our right to make a choice – we have made a choice. We always have choices, even if we do not like the ones available. Not liking a choice does not mean we do not have a choice. We are constantly presented with choices. Every day we make hundreds of them, some small, some large, and some life changing. Each choice that we make shapes our lives and determines what other choices will be available to us.

I remember when a therapist introduced me to the concept of not choosing. I thought she was nuts. After all, if I did not choose, then anything that happened was not my fault. It took years for me to understand that when we don't make a choice and we simply let things happen, or we let others make our choices for us, we have given up our personal power. At times it can feel freeing to give others the opportunity to choose for us. After all, if they choose it, it is their responsibility, right? Wrong. Giving up the right to choose does not mean we give up responsibly. We are still responsible, even if we choose to be irresponsible.

At times, the only choice we have is to choose our attitude and how we will respond. These choices are powerful because they allow us the power to stay in control of the internal even if we cannot control the external. Choice is a conscience response. That response is compelling because it allows us to make choices over how we will act in any given moment. When we choose our responses, we decrease the number of times we will regret doing something that we felt we were forced to do.

Not making a choice can be a dangerous choice. When we decide not to choose, we decide to give our personal power away. We give our power away either to a person or situation. Making a choice, even if it is only how we will respond to a situation, allows us to maintain our personal power.

Making choices, and being mindful of our choices, is important because it not only helps us maintain our personal power, but also to take responsibility for the outcome. By taking responsibility, we remove ourselves from the role of victim. Being a victim is a weak position to be in and removes choices we may otherwise have. To claim our personal power, we must make choices and accept the

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responsibility for those choices.

Make a choice; even a poor choice is better than no choice at all.

Coach Lee, an International Professional Business & Personal Coach with 17 years of corporate management experience has a Masters Degree in Management, is a faculty member at the Univ. of Phoenix, a trainer for Coach University, the International Coach Academy and Colorado Free University. She is a published writer and often quoted as an expert in coaching. Coach Lee is currently earning a Doctorate Degree in Applied Management and Decision Sciences with a specialization in

Business Coaching.

Secrets Of A Down On His Luck Guy Who Finally Made The Right Choice.

By Donald Malloy

The word choice has been bantered in common conversational terms that might make you think you have a choice. Phrases like lifestyle choice, sound choice, health choice, living choice, and smart choice all suggest that you are in control and you decide what choice is best for you.

For you to have a free choice you must have true freedom. For you to make a sound choice you will need knowledge. If you choose to do something or nothing, make sure your action is based on an intelligent decision.

If you knew that the choices made each and everyday, were pre-calculated and you really never had a choice about anything, what would you do? If your choice is to do something about it or do nothing about it, you will have made a pre-calculated choice.

Here is the calculation.

For you to do nothing says that you are happy with your life the way it is, you don't like change, you don't know how or where to get help, and you are worried about the cost of gaining the knowledge needed to put your life on the right track.

For you to do something says that you are not happy with your life the way it is, you know you can and will do better if you knew how, you will find the help you need and you will do it regardless to the cost of and education.

Most of you want a better lifestyle choice, most of you can make a clear choice, and a health choice is almost always based on knowledge. Although no one choice is right for everybody, a pre-calculated intelligent choice is right for everyone. Learn to stop and think before you make a decision. Then make your free choice based on your knowledge, your experience, and education.

The choices you make today are yours for the rest of your life. Can you really live with them?

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