

R # 12

Chapter 7: Choose

I Choose

You can use this exercise to declare your choices to establish new habits

I choose to let go of (list your past hurts, frustrations and anger):

I choose to let go off my future worries, I choose not to suffer before suffering
(List your fears and worries):

I choose to be open to experiencing each moment with mindfulness (list daily activities you can practice mindfulness like mindful eating, showering, driving etc.)

I choose to focus on (priorities, strengths, opportunities):

(E.g. I choose to focus on: What is in my circle of influence
I choose what is important to me
I choose what helps me feel joy)

What If?

You may not have a choice of what happens externally, but you always have a choice of how to react.

If you don't make a choice, circumstances will make a choice for you. If you consciously make a decision with wise mind and declare, you are more likely to follow through with your chosen response.

When you establish the new habits with choosing and declaring your choice, you will master the new habit and will be able to respond wisely within a split second.
Go ahead, declare, what your choices are.