

A Choice Is A Choice Is A Choice

By Barry Rice

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Not making a choice is a choice. Letting things just happen in your life is a choice. Not putting your definition of success into writing is a choice. Accepting less than what you deserve, based upon your effort, OR, lack of effort to achieve is your choice.

Not liking a particular choice does not mean that you do not have a choice. We are all constantly presented with choices – every day, we make hundreds of them. You can choose to be someone who makes life happen, OR, you can choose to continue in the addictive behavior of 'couch-potato-ism'. To me that's no choice – BUT, it IS your choice!

It personally took years for me to understand that when I don't make a choice and simply let things happen, or let Others make choices for me, I have given up any personal power I may have had toward advancing the enjoyment of my definition of success.

At times, it can be freeing to give others the opportunity to choose for us. After all, if they make the choice for you, it is their responsibility – Right? Wrong! Giving up the right to choose does not mean you give up responsibility. You are still responsible, even if you choose to not to choose..

At times, the only choice you may have is to choose your attitude and how you will respond to the happenings around you. These choices are powerful because they allow you the power to stay in control of our internal thoughts even if you cannot control the external circumstances. Making choices must be a conscious response.

Making choices, and being mindful of your choices, is important because it helps you remember that you are the only one responsible for the outcome of your actions. By taking responsibility for making your own choices, with a positive attitude in tow, you remove yourself from the role of victim. Being a victim of someone else's choices for you is a weak position to be in and removes choices you may otherwise have made.

Make a choice – even a poor choice is better than no choice at all!

Now, make the choice to go grab yourself a whole bunch of sunrises of opportunity!

Barry Rice, writer, speaker and consultant, is the author of Moving Forward Out Of The Fog, the self-paced, practical exercise-based course that guides you, step-by-step, to defining, achieving, and living, YOUR definition of success. Subscribe to his challenging and inspiring newsletter at sunriseofopportunity@getresponse.com.

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