I find that I can choose to speak from two areas of my body. Either my mind or my heart. My mind is intelligent, observant and judgmental. My heart is wise, compassionate and discerning.

Both are needed to help determine my position on topics, conversations and situations. Both help to guide me through various circumstances. I respect them both.

When I am in an environment of business, I use my mind as the determining factor to aid in my success.

When I am in a personal or family atmosphere, I prefer to use my heart as the primary influence.

However, there are times when I have confused the settings and instead of leading with the body part that would be most helpful, I become emotional and I choose to use the part that makes me unsuccessful in my results.

This dilemma presents itself repeatedly throughout each day as I am confronted with decision making tasks continually.

As I grow older, I repeatedly have this experience which permits me to get better.

I have done well since I am now more familiar and comfortable in my choices.

My hope is that I learn to accept the outcome of events as a result of my body part selections.

Speaking from my mind or speaking from my heart changes the consequences of conversations.

Nonetheless, I am blessed to have a choice!