

The Power of Choice

Far too often people believe they don't have the power of choice; it's the circumstances of their life that control the outcome. It's the job, it's the traveling for work, it's the limited income, it's the responsibilities of parenting, it's the lack of free time, it's... boy the list goes on. Look at all the circumstances! And when we do it often feels like we are powerless to choose differently or to change. Our vision is narrowed and narrowed until we are so driven by the circumstances that we no longer see what is possible.

A variation on this is the Consequence of the Big Decision, which renders all other action without choice. As in, "I chose to be married so..." or "I said I would take this volunteer position, so..." or "I wanted this promotion so..." It's as if we gave up the power for any more choice when we made the Big Choice. Now we have to live up to the consequences. The truth is, there is no such thing as "have to". There is only choice. We are not victims of our circumstances or our history or our judgments of ourselves. We can always choose the viewpoint/perspective we hold about any circumstance in our lives. For example: I get laid off from my job. I can decide the company is a jerk for letting me go and "oh, poor me." Or, I can decide I am a powerful person who can meet the challenges of life.

Consciously choosing seems so obvious, and yet it is so necessary. In order to have the life they want, clients must choose and must know they have chosen. It's about living life consciously. Choice has action in it — at least an internal kind of action. That internal action is to become conscious of how we make our choices. To have choice be intentional and proactive rather than habitual or reactive, to create that conscious choice, have your clients connect to their Captain and Crew for helping in making the choice. Connect with your client's Life Purpose to see if this choice is on Purpose. This level of conscious choice has a level of aliveness and meaning so that the choice is resonant.

Resonant choices might not always feel good even when they are based on honoring values and is aligned with your Life Purpose. Sometimes they are quite difficult. For example, a family might choose to move to another city for a job change because it will honor so many values and it is fully in alignment with Life Purpose and values but it is difficult to have your children move to another town and school.

Conscious choice had our actions be meaningful no matter how difficult.