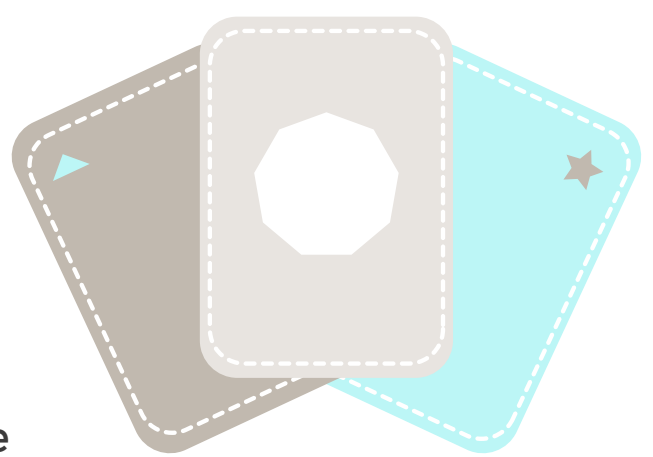


The Anatomy of Choices

YOUR LIFE IS DEFINED BY THE CHOICES YOU MAKE

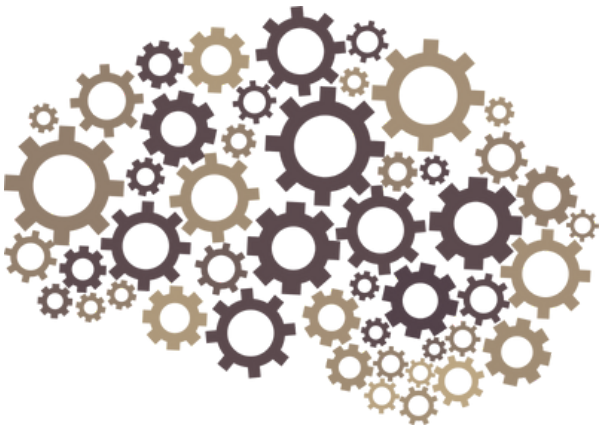
Becoming Aware of Your Choices

There are some things in life you can't control, such as the circumstances of your birth or family, your genetic makeup, or the opportunities you were given as a child, But your choices can override these circumstances, And as you got older, you had free will to choose who to love, what you chose as career, and ultimately, what you decide to achieve in your life.,



Using Self-Awareness to Make Better Choices

Developing knowledge about yourself, including your fears and insecurities as well as your strengths and gifts, is essential in making the right choices when designing your life and achieving your goals. Until you get clear about what you truly want and don't want out of life, you'll continue to live your life pleasing others or basing your accomplishment on what others have achieved.



Life is About Choices

Understand that your life is about making choices. And when you take full control of those options, it gives you the power to create the best life for yourself. Even deciding not to choose is still a choice, and only you will have to live with the consequences of those choices.

