

Know the Facts

Mind & Spirit



## Choices

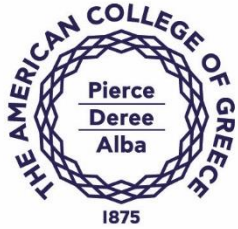
We are constantly making choices. Even when we chose *not to choose*, we have still made a choice. [The choices we make today will have an impact on our future.](#)

To a great extent, we are in charge of our own lives and [if we chose \*not to take charge\*, we will experience the consequences of that choice.](#)

Through our choices, we have the power to create our experiences. If we believe that outside forces are responsible for our choices then we turn the control over to someone else; and we turn the quality of our lives over to someone else.

Many believe we are all connected to a universal intelligence, and deep within each of us exists knowledge that helps us understand how we should proceed. However, many times we are not strong enough to access that knowledge, or we loose focus on the greater picture as we are occupied with day to day stressors. As our line of sight is narrowed, we lose the ability to recognize what is best for us, who we are and the power we all have deep within ourselves to take charge of our lives and create the kind of life we want for ourselves.





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### What is a Lifestyle choice?

A lifestyle choice is a personal and conscious decision, behavior, attitude and way of living that may increase or decrease the quality of our life. A way of life that may benefit or worsen your health and wellbeing.

If you have made the choice to take the bus or drive every morning, then you've made a positive lifestyle choice to increase your physical wellness as well as contribute to wellness of the environment.

If you choose not to drink alcohol, then you choose to avoid potential consequences such as damage to your internal organs i.e. your liver. If you choose to drink, especially in excess or at the wrong time, then you increase your risk of death from something like a car crash.

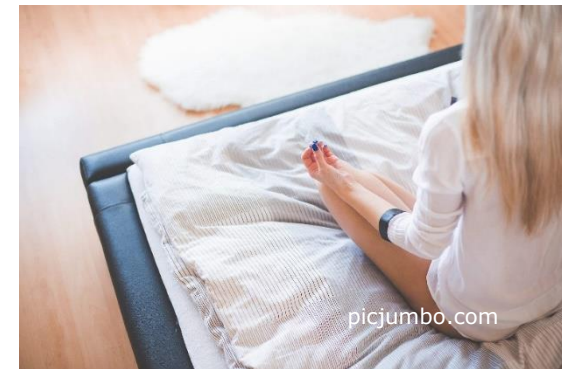
If you choose to smoke, then you increase your chances of bad breath, yellow fingers and even worse heart disease and a number of different cancers, not just for yourself but for you friends and family as well.

For many lifestyle choices that result in obesity may shorten your life span. Obesity, as a result of improper diet and exercise, can cause everything from arthritis to heart disease and diabetes.

Other risky lifestyle choices include, stress, drug abuse, and unprotected sex.



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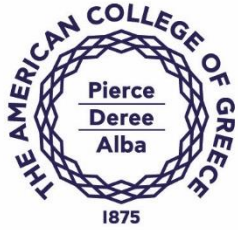
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### Smart move

Make gradual long-lasting, sustainable lifestyle changes. Your health is more than your numbers - weight, blood pressure, or lab results. This is about health and wellness, work-life balance and more. Everything in your life impacts your health and wellness. We help you incorporate lifestyle changes that take into account your life, because in order for changes to be sustainable, they must fit with YOUR life.



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# Making the Right Choice

Sometimes it is hard to make the right choice as it involves stepping out of our comfort zone. It's natural to feel unable to change your way of life because habits die hard. Once they do they can be replaced by healthier, more balanced, happier ones. When we are under the pressure of making the correct choice we sometimes doubt ourselves.

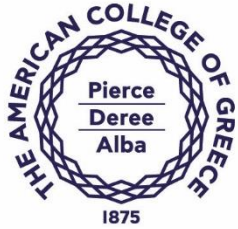
Do I want to choose a healthy lifestyle; eat, exercise, rest, meditate, stop smoking? Am I happy in my relationship or should I choose to step out? Should I take this job opportunity?

Sticking to your new choice is also hard because. That is why we must choose gradual long-lasting, sustainable lifestyles in order for our lives to become more rewarding and filled with harmony and joy. As we advance down the path of life, we realize that our new choices turned out to be an excellent investment towards the wellness of our mind, body and spirit.

## Methods that may help you when making choices

- Organize your thoughts as that always leads to wise choices.
- Pay attention to signs that the universe sends you and don't ignore its the warning signs. Don't be stubborn and insist on a bad situation; take a step back and reflect. For example if it is a bad relationship that you are in, or unhappy career, or unsatisfied with your life...maybe it is time to choose to change.
- Take your *own* advice acquired from your fountain of knowledge and your intuition. We often turn to our friends for guidance. The truth is we already know exactly what we must do... if only we follow our internal GPS. Intuition is what feels right inside, and it isn't just some "gut feeling".
- Keep our conscience clean as no choice or decision should stain your spirit.
- Detach from negative emotions that weigh you down like fear, impatience, and frustration.
- Never make a choice or a decision when you are angry, upset or desperate.
- Be positive: when we think something good can happen, we choose to take the right actions to ensure it comes true.





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### Organized thoughts lead to wise decisions.

- Take time right now, make yourself a cup of tea, sit down, take a few breaths.
- Write out a situation for which you must make a choice or a decision soon.
- Put into words the entirety of your thoughts—the good, the bad, and the ugly.
- Jot down your choices and their potential outcomes. Project what would happen if you did one thing versus another.
- Circle the choice that you believe will lead to your highest good.
- Proceed.

### Sneak a Peak:

#### Choices that may interest you 😊

- Choose a healthy eating program
- Choose to properly hydrate your body
- Choose to control your weight
- Choose to drop any unhealthy habit like smoking
- Choose to exercise
- Choose to get enough sleep
- Choose to manage your stress with meditation & exercise
- Choose to make time for fun and laughter

## Words for the Wise

We all need to make wellness choices every day to allow us to fully enjoy life, as it was meant to be enjoyed.

Wellness includes many aspects of our lives and to maintain good health and an overall feeling of wellness we need to address all these different aspects to ensure we do make the best wellness choices for us.

It takes a constant and deliberate effort to stay healthy and to achieve total well-being. It may mean we have to make some lifestyle changes where necessary.

Wellness is a way of life – a lifestyle we design to achieve an optimal level of well-being.

Wellness involves making 'choices' – that means considering a variety of options and selecting those that seem to be in our best interest.

