



## THE POWER OF CHOICE!

Whatever the decision that has to be made, we always have choices. Sometimes we are not aware of all the options we have, so here are some questions and strategies you might want to consider and reflect on:

1. How would you measure “success” in your life?

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2. If you could change or improve three (3) things in your life, what would they be?

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3. What do you believe is holding you back?

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4. What are three (3) limiting thoughts you have about yourself or your capabilities?

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5. Now reverse those statements above and write them down in a positive way.

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6. **Journaling is a great way to manage and control thoughts and emotions.** A gratitude journal (including positively acknowledging your negative thoughts and emotions) is a great way to reflect on your beliefs, assumptions and interpretations you have of events and people around you.

7. **Get a coach** – someone you feel comfortable with and can trust to challenge your thinking and reflect what is often hidden from your inner self. A coach can help you answer - What are the barriers to your success? How can you remove these barriers and filters? How can you make different choices?

If you want some support to better understand your filters or just want to touch base around the power of your choices, send me an email at [babette@babettebensoussan.com.au](mailto:babette@babettebensoussan.com.au)