

# CHOICE POINTS

## It only takes one choice to change everything.

It is when we allow ourselves to be on autopilot that we most frequently make poor choices. Below are some of the most common places for us to slide into complacency or simple mindlessness. Use these questions to see if you are making the best choices. If you aren't, do something different.

### FOOD

What have I eaten today? Was this healthy for me, or did I just eat what was available and what tasted the best? How will it fuel me for the day? What could I do differently?

### WORK

What is my attitude going to work today? Am I being intentional or phoning it in? Am I doing what I want to be doing and utilizing my talents and gifts? Is there an alternative if I am not?

### HOME

How do I spend my time at home? Do I give it my energy or collapse in a heap once I walk in the door? Am I taking care of the place that takes care of me by giving me shelter?

### SLEEP

How much sleep did I get last night? Was it sufficient for what I have going on today? Did I lay in bed with my phone? What time do I need to go to bed tonight?

### PEOPLE

How am I treating the people in my life? Do I view them as independent human beings or things that get in my way? What about the people closest to me? Do they get my best self, or do I save that for everyone else?

### THOUGHTS

Am I intentional with my thoughts, or do they run amuck? Which thoughts do I choose to feed and which ones do I starve? How often am I centered in the past? The future? On other people?

