

Choose!

The Secret to Personal Power and Success

Stuff happens! The stuff that happens to us is neutral. How we choose to respond to it is what gives it its power over us. Everything that happens—good or bad—is neutral. This is true of those things we perceive as positive, like being in love, winning the lottery, or beating cancer. It is also true for those things that we perceive to be negative, such as heartbreak, going bankrupt, or suffering from terminal cancer. How we respond to these events depends on the quality and character of our personal core—how we view the world and our place in it, and the choices we make.

The choices we make determine the direction our life takes. This does not mean that we can always predict or choose what life throws our way. We can however choose how to respond to life's curve balls. The more we focus on making choices, no matter how small or relatively insignificant they may seem, the greater influence we have over the courses our life takes. There is great personal power in making choices. **Being aware of the choice and our ability to respond is in itself empowering.**

Topics covered and skills learned:

- Reality check – it's all in our mind (the brain works this way)
- Beware of the games people play - some gems from Transactional Analysis
- Personal narratives are powerful - is yours an empowering one?
- Identifying and operating within circles of influence
- Making assertive choices



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