

Preparing for the Road Trip: The Power in Choice

Purpose 1:

To help you recognize you accountable for your own life and that no one can take your individual choice away... no matter your circumstances.

Purpose 2:

To raise your awareness that every person has the freedom to choose and you cannot control or take responsibility for the actions of others.

Purpose 3:

To get you ready for the ownership and exploration it takes to you're your road within.

The Power in Choice

Choice is the foundation for empowerment. By recognizing and embracing the fact that you always have CHOICE, you create an infinite source of power for change within yourself. Good things and bad things happen in life... to every person. It is your ability to choose your reaction to each situation that determines how satisfied or dissatisfied you will be day in and day out.

Why is your power of CHOICE so important?

“You are ALWAYS choosing.” What does that mean?

Even though the universe brings you many circumstances in life that you may or may not have chosen in some way or another, you choose what's next.

“I am always choosing. I am exercising my Power of Choice, no matter what I do.”

What feelings, thoughts, and emotions occur when you say this sentence out loud?

Do you ever feel like you *don't* have a choice? Name a situation here...

The Power in Choice

When you look at this situation where it *feels* like you don't have a choice, can you see a choice right now?

Why is your power of CHOICE so important?
So you don't blame other people for problems and circumstances in life. Why?

When you take a minute to look at your life, what stuff do you see as someone else's fault? Who are you blaming? Write it down here.

It is _____ 's fault that _____ (this is happening or happened).

What happens when you blame that person?

The Power in Choice

What happens to the quality of your life when you give that person control by blaming him/her?

What choice can you make to take the responsibility back?

What are three specific ways your life will improve when you take that responsibility back?

1.
2.
3.

Why is your Power of CHOICE so important?
So you realize that other people have a choice, too. Why does this matter?

The Power in Choice

When you take a minute to look at your life, do you see a situation in which you are taking too much responsibility for the choices that another person is making? It may be a friend, a brother or sister, a parent, a boyfriend or girlfriend... Write it down here.

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What happens to your quality of life when you take responsibility for that person's choices?

--

What might you do differently now that you are aware you *cannot truly choose* for that person?

--

What are three specific ways your life will improve when you stop trying to control or fix things for that person?

1.
2.
3.

The Power in Choice

'Taking Ownership'

What does the phrase 'take ownership' mean to you?

Of what does every person need to take ownership?

➤ decisions	➤ anger
➤ attitudes	➤ fears
➤ goals	➤ boundaries
➤ problems	➤ health
➤ careers	➤ habits
➤ relationships	➤ choices
➤ actions	➤ words

Our Lives.

WHY? What happens when you DON'T take ownership for the things above?

What happens when you DO take ownership for your own 'stuff'?

- You can make things different.
- You can make things better.
- You will go further in your relationships / your career / your achievements / your life.
- You will see CHOICE more clearly

The Power in Choice

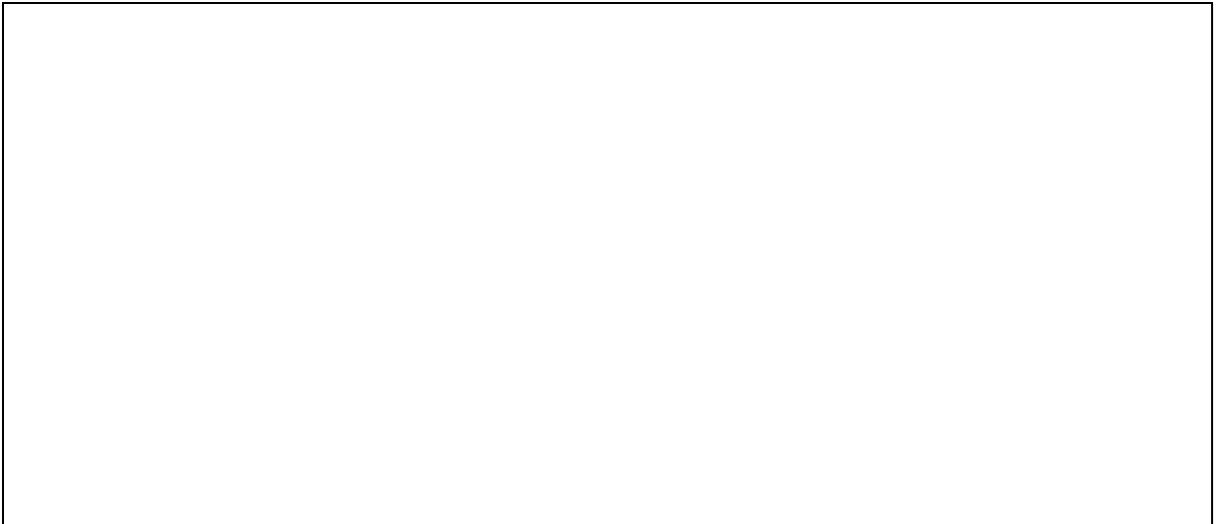
WARNING! WARNING! WARNING!

When you embrace your power to Choose, you clearly improve your quality of life. When you improve your quality of life, you attract negative attention from those who *have not* embraced their own Power in Choice.

Why does this happen?



What can be done about it?



The Power in Choice

Personal Exploration: Read the following list.

Be honest with yourself and circle each area where you are not fully taking ownership.

➤ My problems	➤ My decisions	➤ My anger
➤ My career	➤ My attitude	➤ My fears
➤ My relationships	➤ My goals	➤ My boundaries
➤ My actions	➤ My health	➤ My habits
➤ My choice	➤ My words	➤ My future

<i>I am not fully taking ownership in this area.</i>	<i>It affects my quality of life because...</i>	<i>If I DID take ownership for this area my life would look different because...</i>	<i>Am I willing to choose differently to create positive change?</i>	<i>One choice I can make to take ownership of this area of my life is...</i>
1.				
2.				
3.				

The Power in Choice

How many times has an adult looked at you, jaws clenched, face all red, and said, “Now you have to face the consequences of your decision.” It’s usually a pretty negative thing, right? You have probably heard this phrase after you’ve done something wrong and you are headed for some type of punishment or discipline. Even though ‘consequences’ can be to be a pretty ugly word in a teenager’s vocabulary, it’s still important to tie it back to all this talk about CHOICE. But first, let’s name it something different. Yes, there are always ‘consequences’ to each choice you make, but there are some other words that mean the same thing...

Consequences also means...

Results Effects Outcomes

Fill in this sentence with whichever word you like best...

*I am always choosing, so it’s important to think about the possible
 ----- of the CHOICES I make.*

Think of a choice you are making right now that is producing ‘useful’ results for you. Write a little bit about that choice here:

What is the choice?

When do you make the choice?

What happens right before you make the choice?

Now list at least 5 things that are happening in your life because you are making the above choice.

1	
2	
3	
4	
5	

The Power in Choice

Think of a choice you are making right now that is producing results for you that are NOT USEFUL. Write a little bit about that choice here:

What is the choice?

When do you make the choice?

What happens right before you make the choice?

Now list at least 5 things that are happening in your life because you are making the above choice.

1	
2	
3	
4	
5	

Name two different choices you could make that would produce better results for you and for your life?

1	
2	

The Power in Choice

What have you learned about the Power in Choice today?

How does your power in choice affect your social life and your schoolwork?

How does your power in choice affect your family life?

How does your power in choice affect your future?

What will you do differently when you leave here today?

Top 5 Questions to embrace my Power in Choice.

1. Who is currently choosing for me?
2. What is it costing me?
3. What benefits am I receiving?
4. Am I ready to consciously choose?
5. What are 3 choices I can make to improve my quality of life?

Top 5 ways to embrace my Power in Choice.

1. Realize that I am ALWAYS choosing, even when I choose to do nothing.
2. Don't blame others! When I blame I become the victim.
3. Accept that I cannot fix things for other people.
4. Take ownership of my life.
5. Don't let the negativity of others pull me down!

