

Making Choices

- 1. Is there something I can do in the next twenty-four hours that will make my life worse? Yes No**
- 2. Is there something I can do in the next twenty-four hours that will make my life better? Yes No**
- 3. Do I have a choice in the matter of my life? Yes No**
- 4. Does every choice I make have an end result? Yes No**

If you answered “Yes” to this series of questions, whether or not you realize it, here’s what you just said:

“No matter how good or bad my past is, no matter how good or bad my present situation is, there is something I can do in the next twenty-four hours that will make my future, either better or worse, and the choice is mine.”