

“The three C’s of life: Choices, Chances and Changes. You must make a choice to take a chance or your life never changes.” – Anonymous

Choice Worksheet

Read my blog on Choices at www.goodthingsaregonnacome.com

- **Brainstorm:** What is a change that has happened recently in your life that you didn’t necessarily “choose”? *Example: You lost your job*

- What are the fear based (escape based) choices you could make when handling this situation that was presented to you?

- What are the love based (target based) choices you could make when handling this situation that was presented to you?

- **Brainstorm:** What is a difficult decision you are making in life right now: *Example: I’m unhappy in my job, I want to quit.*

- What are the fear based (escape based) reasons you are struggling with your choice?

- What are the love based (target based) reasons you would make this choice?

Next steps:

- **Implement your choice:** Map out a time frame for implementing the choice you have made.
- **Reflect:** Return to the alternative and the reason you made the choice you did.

