

WORDS THAT INSPIRE

A monthly quick shot to motivate you, in less than 45 seconds, from Julie Cohen Coaching

What CHOICE do you want to make?

Dictionary*says:

the act of choosing, power of choosing, a person or thing chosen, the best part, care in selecting.

What it REALLY means:

making a commitment to what matters to you; acting on your priorities and your values; expressing to yourself and to others what you want and need in your life.

Why it MATTERS?

CHOICE moves you from stuck into action; from uncertainty to decision. CHOICE gives you freedom from 'what should I do?'

Questions that INSPIRE:

- What CHOICE do you want to make?
- What is preventing you from making a CHOICE? What would simplify this CHOICE?
- What would it feel like if you already made the right CHOICE for you?
- What are your values and priorities that influence this CHOICE?
- What can you do today to act on this CHOICE?

I would love to hear your answers and comments.

Leave me your comments