

# Living On Purpose

## Business and Life Coaching

### Inspire

“The way you activate the seeds of your creation is by making choices about the results you want to create. When you make a choice, you mobilize vast human energies and resources which otherwise go untapped. People fail to focus their choices upon results and therefore their choices are ineffective. If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise.”

-Robert Fritz

All too often people make decisions based on either/or choices. I can either do this or do that. Period! What most people do not realize is there are at least 25 choices in each situation! People also make choices on what they should do or even worse, choices based on fear.

Maybe moving to a different country to deal with your boss is not your decision in the end, but it is a choice. Choices give us power! They also open us up to alternative thinking. What if you made your choices based on what you really wanted?

Are the choices you are making supporting your long-term goals and your heart's desire? Do not compromise this life!

This month I commit to making at least 5 mindful decisions. I will begin by identifying the outcome I truly desire. I will then brainstorm at least 15 options, even if they seem unrealistic, to make my final decision based on mindfulness, purpose, and the true results I desire.

I will not compromise my life. I will not make decisions based on fear.

My 5 Mindful Decisions To Make

- 1.
- 2.
- 3.
- 4.
- 5.

*\*Don't forget to brainstorm 15 possible options for each Decision!\**

### My Final Decisions Based on Choices and My Desired Results

- 1.
- 2.
- 3.
- 4.
- 5.

I choose power. I choose alternative thinking. I choose to connect to what I really want in life and go for it!

### **I AM LIVING MY LIFE ON PURPOSE!**

Congratulations! You have made the conscious decision to be the director of your life! The universe supports you in fulfilling your purpose. Move with confidence!

**Recommended reading for the month:** Do it! A guide to living your dreams by John-Roger and Peter McWilliams.

If you are interested in additional support in finding your purpose, fulfillment, wellness or achieving goals, contact Tiffany Lehman with Living On Purpose Business and Life Coaching at <http://www.livingonpurposecoaching.com> or call 970-214-0049.

"You don't have to see the whole staircase, just take the first step."

~Martin Luther King Jr.

