

CHOOSE YOUR CHOCOLATE

Life is like a box of chocolates.....you never know what you're going to get. How often have we used that expression since it was made popular by Forest Gump? In these times, with the economy the way it is, we probably hear it more often. It may seem as though life is handing us an assortment of 'chocolates' we didn't ask for, or particularly care for, but is that really the case? We actually have the ability to 'choose our chocolate'.

Life may seem as though it is one random event after another, over which we have absolutely no control. In that case life would be like receiving a box of chocolates from someone who doesn't know us very well. Chances are we would be happy with some of the results, but there is a good chance that we would not be thrilled with every piece of chocolate we bit into. In some cases, we may even want to spit it out. That's not always possible in life situations. We typically have to deal with situations in our lives and don't have the ability to just discard them, like we would a piece of chocolate which did not appeal to us.

If, however, we believe we can 'choose our chocolate', then life becomes much more pleasurable and sweet. How is that possible? Well, we have the ability to redesign and create our own life through purposeful intention, planning, setting goals, taking action, changing our belief systems, affirming our visions, creating positive relationships and using effective communication.

For example, in our relationships with other people, be it our spouse, our children, people at work or our friends, we can use effective



communication to improve these relationships. We can't expect others to read our mind and automatically know how we feel, what we want out of life, or how to treat us. What we can do, however, is take on the responsibility of sharing our feelings, preferences, goals, hopes and dreams with others. Doing so is like putting in our personal order for the type of chocolate we want to receive, instead of leaving it to chance.

This process can be used to create positive changes in any and all areas of our lives. We have the ability to create healthy bodies, better jobs, happy and loving relationships, abundant prosperity and 'good fortune' in our lives.

So, how do we do this? Let's say, for example, that we want to be fit and have better health. If we don't focus our energy on the situation, it's like accepting that box of chocolates we don't like, and saying, "That's just the way it is". But, we do have the ability to change the situation.

First, we set the intention for better health. What does that look like? The picture of good health may be different for each person. One individual may want to lose 20 pounds, another may want to lower their blood pressure and another may see better health as being able to run a marathon. Whatever the vision of better health is, we have to set the intention of obtaining that vision.

Next, we plan how we will accomplish the vision and set goals to that end. So, if we want to lose 20 pounds, our plan may include changing our eating habits and beginning an exercise program to accommodate weight loss. Then we set realistic, obtainable goals.



Now it's time to take action. In this case, action may consist of cleaning out the cupboards and frig and restocking them with healthy foods, planning to consume 4-6 small meals/snacks per day instead of 2 or 3 large meals, packing a lunch instead of going to the fast food place or the vending machine. It may include getting up 30 minutes earlier 2-4 times per week to squeeze in a workout, or joining a gym, or taking the stairs at work instead of the elevator. All the small actions we take on a daily basis will compound over time, to create the results we have chosen.

A key component to being able to stay in action is the use of affirmations, which actually have the ability to change our beliefs. Using affirmations daily will assist in maintaining our vision and ultimately, accomplishing the goal. This is an example of how we can place our specific order for the 'chocolate' we receive in life.

The universe will hand us a random box of chocolate unless we put in a specific order. When we are clear about what it is that we want in our lives (love, family, financial, business, health, etc.) we can set the goals, affirm them and then take the appropriate action steps to create and receive those items. It's the difference between saying, "Universe, I want some chocolate, please", and "Universe, I will have 3 pieces of milk chocolate covered cashews, 6 pieces of dark chocolate covered coconut and 4 pieces of milk chocolate covered caramel". See the difference?

So, regardless of what is going on in the world around us, and regardless of how random everything may seem, remember, we have the ability to create our reality. All we have to do is **CHOOSE OUR CHOCOLATE** and we can change our lives.