



TESS Newsletter

Accordance to Article 7
Section 3 of its Constitution

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“Turning Possibilities into Realities”

Building a Global Movement for Change [UNSG]: The Promise (part 18)



Striving for our Seychelles

“Working Hard at Working Smart” (part XXIX)

Self Development: The Power of Choice



Kot Man-Ya

“The freedom of choice is undoubtedly the greatest gift to mankind, endowed upon us by the Creator. In that same instant the dichotomy of good versus evil was born. It is a microcosm of the inner struggle going on every moment, of everyday in each and every person”.

Sean Kellenbarger

The future we want: The Promise: The Force Beyond

Make The Right Choices

Life's greatest gift

What is life's greatest gift? It is free will or choice. Choice is the ability to select one course of action from a set of alternatives to achieve a goal. **What is so great about choice?** It transforms us from dumb animals into artists. Each of us becomes another Michelangelo, for choice is nothing other than the chisel we use to sculpt our life. The chisel doesn't come free, however, for the price of choice is responsibility. But when we accept and carry out our responsibility, the reward is great. **The reward is happiness.**

Life is not static, it is a flow. Every choice we make leads us closer to or further from our goals. We constantly need to monitor where we are **on our journey**. We need to ask questions: Am I moving closer to my goals? If not, what corrective measures can I take? What action will I take now to realign myself with my goals? **Choice is power. Choice is at the heart of life; it is the creative power of life.**

You make choices every day, and your life becomes more convenient or comfortable because of them. For example, you decide which stores to shop at and which gas station to patronize. But the decisions we make that sculpt our lives are far more important than deciding where to shop. **The more we appreciate the difference between minor and major decisions, the greater the likelihood that we will experience happiness and fulfilment.**

All chess lovers realize that it isn't necessary to win to enjoy the game. The pleasure is in the playing. Life is like a chess game. Make the best moves (choices) you can under the circumstances. If you live by this rule, you will always enjoy the game of life, regardless of its outcome.

How to Make the Right Choices

Each day, we make countless choices.

How can we be sure we are making the right decisions? Here are a few suggestions:

1. Be aware of where the road leads

Choose intelligence. Not every decision we make is a moral choice. Sometimes it's just a matter of choosing between stupidity and intelligence. For example, if you are a young non-smoker and your friend offers you a cigarette, don't take it. That would be stupid. If you're looking for the path to happiness, it is easy to find. Just avoid the

paths with signs that say STUPID and follow those that say SMART. Easy enough to do, but you have to remember to check the signs before you start down a path. As Harry Emerson Fosdick wrote, **"He who chooses the beginning of a road chooses the place it leads to. It is the means that determine the end."**

Whenever we are at a fork in the road, we will find that one of the paths is easy to take, but that may be the only thing good about it. So, look carefully. You may find that one path tempts you and the other ennobles you. **Choice the one that ennobles you.** Learn how to withdraw from temptation. For as it is written in the Bhagavad Gita, "**Even as a tortoise draws in its limbs, the wise can draw in their senses at will.**"

Besides the paths of SMART and STUPID or GOOD and BAD, there is yet another road, and it leads nowhere. **It is the road of non-action. It is the path of no-choice.** Whenever we face choices and refuse to decide, that refusal is our decision. By refusing, we turn over control to the tides of fate, and instead of shaping our lives, we decide to drift wherever the tides and currents will take us.

2. Do what you can

Decide what you CAN do, not what you WANT to do. Our wants are insatiable. We want to do everything. But how can we become anything if we want to become everything? Choose worthwhile goals that you have time for. Set priorities and focus on the important issues. If you run out of time before getting to the minor tasks, at least you would have done the important ones.

Choose to carry out your responsibilities not because you HAVE to, but because you WANT to. Tasks that you HAVE to do create pressure and stress. Actions that you WANT to do, lead to the joy of accomplishment and freedom from inner conflict. Choose to learn how to WANT to do those tasks that you should be doing. For in the end, you will do only what you want to do. Similarly, when you can't have what you want, choose to want what you have.

3. Look for the good

Some of us may be undergoing great hardships. But no life is so difficult that it

cannot be made better by improving our attitude. No matter how dire the circumstances, if you look for some good, you will find it. But how can we find anything good if we occupy our time complaining? The rule to remember is that we are certain to find what we look for. If we search for good, we will find it. If we search for something to complain about, we will surely find it. Choose to search for good. And choose to believe something good can and will happen. **Choose to live with hope, rather than despair. Don't be a dope. Learn to cope. Live with hope.**

4. If you can't change the circumstances, change yourself

We cannot choose what will happen TO us, but we can choose what happens IN us. That is, we can choose to have the right attitude, one in which we view challenges as opportunities instead of problems. **Choose to be positive.** For example, although he became confined to a wheelchair after his accident, W. Mitchell (author, TV host, and businessman) said, "**Before I was paralyzed there were 10,000 things I could do; now there are 9,000. I can either dwell on the 1,000 I've lost or focus on the 9,000 I have left.**"

5. Be aware of your choices

When we act out of habit rather than conscious choice, the path we are travelling on is a rut, **perhaps even a slippery slope.** If we don't want to end up at the wrong place, we have to be awake. We have to be aware and make our choices consciously. The best way to do this is to develop the habit of always looking for opportunities. Scout Cloud Lee also writes about conscious choice: "When we acknowledge that all of life is sacred and that each act is an act of choice and therefore sacred, then life is a sacred dance lived consciously each moment. When we live at this level, **we participate in the creation of a Better World.**"

Look around you. There are great people everywhere. Champions, victors. And they are all rooting for you. They are voting for you because they want you to win. Unfortunately, you are also surrounded by losers, people who want to drag you down. They are voting against you. Half are for you. Half are against you. How will this closely contested drama turn out? It all depends on you because you will be casting the deciding vote. The ballot is the choices you make. Be careful how you choose!

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The Power of Choice

By Gary Ryan Blair

Every choice must have a purpose: to move you closer to your goals!

Choices are the meat of your daily diet. Your quality of life is a direct reflection of the quality of the choices you've made up to this moment.

Thoughts are the birthplace of choice, and thoughts become things!

The greatest form of abuse in this world is the self-abuse resulting from wrong thinking and bad choices. The culprits of your struggles are your thoughts and corresponding choices-change them, and your life will turn for the better.

There are no exceptions. If you can accept that a bad choice carries the seed of its own punishment, why not accept the fact that a good choice yields desirable fruit?

If you change your thinking, you change your choices. If you change your choices, you change your life. Understanding that everything counts impresses upon you the enthusiasm and urgency of constructive thought and choice!

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The journey continues...