



## CHOICE AND RESPONSIBILITY

In every situation we always have a choice. This is a bold statement, it's hard to believe and yet it's true. The proof lies in you and your observed behaviour. How often have you heard someone say, "You make me so angry," or "You hurt me"? How often have you said these statements yourself? People cannot make you do or feel anything; it is always your choice.

In all my interactions and learning's I have come up with what I refer to as The Life Equation (LQ). Simply put any interactions we have will always fall within the LQ.

### THOUGHTS → EMOTIONS → BEHAVIOUR → RESULTS

Our everyday situations start with our thoughts which determine our emotions (the way we feel about a situation or person) which determines our behaviour towards that situation (what we say and do) and this gives us our results. So how does choice fit in? That's easy. Who chooses your thoughts? Well you do and this ultimately determines your results. If someone you cannot get along with disagrees with something you have said, your thoughts towards them are invariably negative (e.g. who do they think they are, why do they always rock the boat, why is it always an issue with them etc) and your resultant emotions, behaviours are destructive (either blatant or subtle) and the results are that you propagate the breakdown in the relationship.

We believe they have made us angry and their behaviours are destructive. We cannot see that we have already made the choice to negate them long before we have even pondered on the merits of their point of view. Through our choices we are contributing to the very situation we do not want; an angry, conflict driven relationship. We also then blame the other person for this.

We have other choices available to us in these situations. We can listen, we can suspend judgement, and we can take responsibility for our role in the situation (remember: if there are consequences for you as a result of your situation, then you are a part of the problem). We are always involved and our role should be to improve, not ruin.

How do we do this?

#### 1. Make conscious choices

- Consciously be aware of the choices you are making and ensure you make better choices
- Focus on seeing the best in people
- Control your thoughts (this is in your power)
- Hold onto your power and know you have a right to
- Create the life you want through how you think about your world

#### 2. Manage how you feel

- Choose everyday to feel good; this is your only task in life
- Choose positive feelings and hold onto them
- Do it for you – you deserve it

### 3. Take responsibility

- Know that every outcome you get you have had a role to play in it
- Take feedback and make growth changes
- The more you take responsibility for your role in the situation, the more power you have to change it
- Don't blame others thereby giving away your power

### 4. Serve others

- Our purpose in life is invariably linked to serving others
- Become a appreciator, not a depreciator
- Always leave others better off than when you found them
- Giving = receiving, keep this flow of abundance in your life
- Our service to others is the rent we pay for our time on earth – Cassius Clay

### 5. Gratitude

- Have an attitude of gratitude
- See everything in life as a gift
- Affirm to yourself how grateful you are for your life everyday

### 6. Create your Life

- Love yourself and others will love you too
- Invest in yourself (if you are not growing, you are dying)
- Read, listen to audio, watch material that will help you grow as a spiritual being
- Create your external world through deciding what your internal world will be like (it's your choice) and take responsibility for whatever shows up (the key to your power to change it)
- All meaningful and lasting change starts on the inside and works its way out

Life is much like the old story of the frog and hot water. If you put a frog in hot water it immediately jumps out. It recognises the extreme change. However if you put the frog in cold water and heat the water to boiling point, the frog will sit and boil. The gradual change goes by unnoticed.

Our lives are like this. We find ourselves living a life we do not want through falling into the rut of gradual changes that go unnoticed. Our lives start moving in a direction we actually do not want and when we do notice we believe it's too late. We accept that we have no control over our lives and in fact support this by saying things like; I have no choice, this is just the way life is, these are the cards God dealt me etc. We give away our power and exist. Then one day if we are fortunate enough we get put into hot water; in other words we have a big wake up call. This may take the form of a life threatening illness, an epiphany or an emotional breakdown. It is then that we decide we can change our lives and some do.

Why wait for the hot water? You have the power to change your life right now through the choices you make and the responsibility you take for these choices.

Make the right choice.....

Love life  
Love yourself  
Namaste

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