

# The Choice Is Yours

In his *Life Support System* newsletter, author Steve Goodier writes about a challenge a friend once gave him.

For seven days, he substituted the words, “I choose to,” whenever he felt the need to say, “I have to.”



For a week he found himself saying things like, “I choose to work late tonight,” or “I choose to stay home.”

What he began to realize was that there are very few things we “have to” do. Each and every one of us is faced with choices daily, whether or not we believe it. We are always in control of things that are our priorities and responsibilities.

Using the right language to describe those duties is one way of taking charge of them.

As you go about your tasks at Life Care, Century Park and Life Care at Home today, try “I choose to” instead of “I have to” do this or that, denoting a shift in attitude.

It certainly changes one’s point of view on the subject – if not yours, then certainly the hearer’s.

– Beecher Hunter