

*Angelwhispers*

*Wednesday's Whisper is "Choice".*

*Your life is made of Your Choices...the little and the big that you make each moment.*

If you want to make changes in your life, then pay attention to the little choices that you make.

The little choices go unnoticed because we deem them to be insignificant. But they are the stepping stones to where you want to arrive or what you want to achieve.

It requires patients to allow the little choices to have our attention. But they are our guides to achieving our desired goals.

It's like if we want to trim up and drop a few pounds, we often begin with something dramatic and we expect results immediately, which we don't see. So that effects our staying power. Our motivation takes a big hit and often goes out the window. I'm obviously speaking from experience here.

But when we pay attention to the little choices that we make....these eventually build up. Key here is patience. Patience even to begin to look at the little things we can choose to do. So instead getting all worked up to run what feels like a marathon to you and in the long run unsustainable, then instead you can choose in the moment to do 5mins exercise in the house or office....go for a 10-20 min walk ...just from here to there.

You can choose not to have that biscuit or cake with your tea/coffee this time.

What this does is to builds up your achievement muscle. It gives your mind the message that you can do this. It's easy.

If like me, you want to write – then looking at a blank page and wanting to write a book just isn't going to happen.

Instead, just ask yourself what can you do now in this moment.

This is building momentum, and this is a great motivator

and frees up your thinking. Because as I said earlier you are putting down new pathways in your brain that shows you that it is easy. You can write a few words.

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You can add a few more, and, before you know it you can have a page written. Magic.



## Tiny Choices

My Big Goal at this time is:

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My Tiny Choices I want to have on my side

1. 

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2.

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3.

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What are the signs I have achieved it?

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Lined writing area with a silhouette of a child holding flowers at the bottom right.

Lined writing area with a silhouette of a child holding flowers at the bottom right.

*Thank your wonderful  
magical mind*

