

CHOICES

"I have to leave class early tonight; I had to miss training yesterday; I cannot make class this month." Each of these is an example of someone rationalizing why they did something. The illusion is that the individual had no choice – "I had to, I cannot, etc." But the reality is we almost always have a choice. We simply fail to see it that way. Beyond death, there are almost no other reasons one has to or cannot do some particular thing in life. There are inevitable consequences for your choices or actions; but it all comes down to choices and when one realizes that and when one learns to phrase things accordingly, one becomes empowered. You realize that you are in control of your life; no one else.

For example, a student has a dental appointment or perhaps a prior engagement during the exact same time as class. He therefore, cannot go to class. No! He made a choice to go elsewhere that night. The student could have made other arrangements or simply have chosen a different day for the appointment if he would have rather trained jujutsu. Choices drive priorities. What are your priorities?

Once you learn that you have the power in choosing how you shape your life every day, then you can concentrate on making good choices as to what is important to you; choices that positively shape and influence your life. Students are encouraged to learn to let go of using such words as have to and cannot and had to, and replace them with choosing to or simply with I am doing such and such tonight. Thinking and replying this way leaves no doubt as to whom is in charge of your life – you are.

Once you realize you have choices, you can really begin living.

