

Empowerment Through Choice

By Suzy Strempe

What is the one thing that will always make you feel empowered?

It is the ability to make a choice. The problem is that we often forget that there is a choice in absolutely everything. Even if external circumstances prevent us from doing what we prefer, we have a choice in how we are going to approach the situation. We have control over our attitude, thoughts and feelings.

Being "Stuck"

I often hear people talk about being "stuck" at their jobs. When asked why they don't move to another job that would be more fulfilling, their reply: "I can't because I need the health insurance" OR "I can't because I've built up my retirement" and it goes on.

Do you notice anything interesting about those responses? They all revolve around the word "can't". The word can't is disempowering... it's pretty reasonable to assume if your thought processes around your job involve the word can't, that you would feel "stuck", because according to you, you can't do anything about it.

What else did you notice about those responses? The one thing that I find interesting about them is that if you really dig deeper, you often find that these individuals place high value on their health insurance benefits or retirement packages and although they are unhappy and dissatisfied, the value of these benefits outweigh their dissatisfaction. So, essentially they have made a choice... the benefit to cost ratio tips in favor of the reason they stay.

Empowerment Via Choice

Here is how we are empowered through choice:

We are empowered when we are aware that we are choosing something.

Instead of being "stuck" - ask yourself:

- What reasons do I give for staying in the current situation?
- What do I gain?
- What do I lose?
- What is more important to me right now?"

Once you answer those questions you will have made your choice AND as you are going through the questions and answers you will become aware of the fact that you are making a choice.

The next step would be to ask yourself:

"How do I choose to feel about this decision?"

This is where attitude comes in....

You Have The Power To Choose!

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