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IT'S A MATTER OF CHOICE

From the time our daughters Erin and Cailin were old enough to begin interacting and venturing out with new friends, I always remind them to “make good decisions!”

Those three words pack a powerful message that can apply to our daily life at any age. The decisions we make each day, no matter how large or small, add up to the composite of our life story. These decisions are the result of a great power that resides each of us. This is the power of “choice.”

We can choose to be happy. We can choose to be courteous. We can choose our attitude in any situation. We can choose our friends. We can choose to be inspired in our work. We can choose our avocations. We can choose a career path that aligns with our core values, identity and purpose. We can choose to vote. We can choose to volunteer. We can choose our faith. We can choose our thoughts.

We are victims of circumstance only if we choose to be. We can choose hope against any odds. We can choose to get up each time we fall. We can choose to avoid blame. We can choose to turn shortcomings into triumphs. We can choose to not accept insults. We can choose to pursue life, liberty and the pursuit of happiness.

History supports the multitudes of people who have chosen to make the most of their time on earth by fully activating this great power. It is there for each of us.

As we embark on this New Year, it's a perfect time to reflect on how our decisions of the past year affected our life. More importantly is the choices we make right now in the present moment. For the choices of the present will determine what our life looks like we reflect back again next December.

Circumstances do not determine our happiness in life, our choices do.

By Rick Forgay

“Excel At Building Businesses Where People, Productivity and Profits Thrive In Any Economy.”