

# THE CHOICE CARD

*How to coach yourself + others to thrive*

**Even though it's hard,  
you're never, ever, ever stuck.**

**You can ALWAYS make a choice.**



By R.M. Cohen

$E=C$  is **FALSE**  
Experiences  $\neq$  Circumstance

$E=C+T$  is **TRUE**  
Experiences = Circumstance + Thought

**If  $E=C+T$  is true, then you are free to choose any of these powerful tools and thrive.**

You can author your experience by choosing how you think about your circumstances:

#### CHOOSE TO REFRAME YOUR MINDSET:

- **What matters most** to you right now?
- What's your **HABUT** (Highest And Best Use of Time) or purpose at this moment?
- How can you **turn frustration into fascination**?
- Reflect: Things are not always as they appear. **How might this be for the good?**

**You cannot control** life's circumstances or the behavior of others, but you can always choose how to respond to them.

#### CHOOSE TO MAKE A CHOICE:

- Whatever you feed grows. **What are you choosing to feed right now?**  
Joy, gratitude & positivity OR frustration, annoyance & negativity.
- **The now is the how:** "The past is history, tomorrow is a mystery, and today is a gift—that is why it is called the present." Bring your thoughts into the moment.
- **Thou shalt not "should" on thyself or others.** How can you let go of your expectations of how it "should be" past, present and future?
- Take a breath break: How can you add space between the stimulus and your response?
- When faced with change or adversity: How might you **deeply embrace and accept what is** instead of resenting, fighting or avoiding? Remember, "**Your ego is not your amigo.**"
- How can you **visualize thriving & overcoming obstacles as you move toward your practical, measurable goal?**
- **Be proactive! Coach 'em in, or coach 'em out. But coach 'em.**

#### CHOOSE YOUR ACTIONSET:

- At the end of the day, it's all about **relationships**. What's your next step for a healthy connection? **Radical respect & possibility OR complain, criticize & condemn.**
- You always have **assets**, which one can you use now?
- What's your next best, **small win**? Remember, you don't have to "finish" everything, but that doesn't absolve you from trying your best.

*If things don't work out, don't stop, go back to the top.* ↪