THE 4 TYPES OF CHOICES
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AUTO-PILOT
I do what I do because that is what I do

IGNORE
I know better but I choose to ignore and do it anyway

REACTIVE
I choose based on emotions, usually without thought (fear, anger, disgust, shame, love, guilt, joy, surprise, sadness or any iteration of these feelings)

RESPONSIVE
With awareness, I choose what best serves me, someone else or the situation (or a combination of these).
RESPONSIVE CHOICE

When making a responsive choice, one needs to pause and think about what influences are affecting choice.

Developing an awareness around influencers, and the affect of these influencers, will help you get the results you want.

Responsive choice builds trust/belief in self and in others.
The 4 Approaches to Choice

Recap

A Reminder...

- Choice is not a game of perfection. In the moment of certain choices, it is very challenging to pause.
- Awareness is key
- Influences affect our choices whether we want to acknowledge it or not
- Results are affected by the approach you choose as well as your subsequent actions
## Being Aware of Influences as You Make Responsive Choices

**Instructions**
Write down 1 responsive choice you made in each of the 3 areas listed below

<table>
<thead>
<tr>
<th>DATE</th>
<th>My Physical Body</th>
<th>My Psyche</th>
<th>How I Relate to The World</th>
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<tbody>
<tr>
<td>Monday</td>
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