

BE YOUR BEST WITH _____
Dr. Prithika Chary

---- *The Little Book On The* ----

POWER *of* CHOICE



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About me

I'm Dr. Prithika Chary, qualified **Neurologist & Neurosurgeon**. I have completed medical school at the Government Kilpauk Medical College, Chennai in 1971 and then went on to qualify for the MD, DM, PhD and MCh from the Government Madras Medical College, Chennai. I have started practising medicine from 1974, neurology from 1978 and neurosurgery as well from 1990 in the city of Chennai.

I am also a **Brain health & Resilience Coach**. I am a qualified soft skills trainer, and life & executive coach certified by ICBI, City & Guilds London, Blair Singer Academy, Indian Leadership Academy, & International Coaching Federation. I'm a skilled **Image Consultant & Professional Inspirational Speaker & NLP Master Practitioner**.

Dr. Prithika Chary

I woke up this morning & had a choice whether to get out of bed and get started or stay in bed a little longer. I decided to get up and was faced with the choice of whether to make my bed then or later. Our lives are dictated by the choices we make every moment of our lives and it is these choices that make or break us.



So being aware that we **ALWAYS** have a **choice is powerful** – there is nothing we “**have to**” or “**need to**” do, but instead, we make a choice to do what we “**want to**”.

We are the sum of our choices. The choice is the most powerful tool we have and when used wisely it can close doors which are dragging us down & open up an infinite number of possibilities to change direction of our life by a simple choice.

Every one of us experiences periods of extreme stress, hardship or difficulty in our lives sometimes.

This is just the way life is. Stress does not happen from what is happening but from the meaning, we give to what is happening to or around us.

What is the one superpower you are blessed with to control your life?

You have it, I have it, we all have it and we can use it to change the direction of our lives no matter what is happening to us.

IT IS THE POWER OF CHOICE!

We cannot control events around us, but we can choose what to focus on, choose what it means to us and decide what to do to manage the event.

These decisions shape what you do, how you live, what you earn or don't earn, and what you are going to eat tonight.



Decisions decide your destiny – Tony Robbins

You always have the choice to make a decision which will serve you. The main decision is the little decision you make on what to focus on.

If you feel the world is good, it will be good.

If you feel you are going to win or fail, it will happen.

What you focus on you feel - so prime your unconscious to focus on what you really want.

Next, reflect on what this decision means to you.



Is what is happening to me right now the end or the beginning? A failure or an opening up of new possibilities? YOU get to make the choice.

Daily choices of what you believe about yourself, what you believe about others, what you believe about the world, and what you believe about events in your life influence your decisions.

Based on the decision, what are you going to do?

Are you going to give in, give up, find solutions or keep going or quit?

These questions pop up in every aspect of our life. Your tomorrow depends on the choices you make today.

Your ability to choose can't be taken away or given away. But we often forget we have this superpower. Whether we realize it or not, we make choices every single day. These choices determine who we become, what we do and experience and what results we create in our life.

Our physical well-being and whether we will eat healthy, exercise, take care of our mental health or make other unwise, unhealthy choices.

Our emotional state every moment – are we lazy and lethargic, active and excited, motivated and action-taking, angry and resentful, sad and disempowered – is also a choice no matter what is happening around us.





Our mindset – the thoughts we think – do we take in the good or ignore it, do we look for the crisis in every situation it with gratitude & possibility, our actions, words and thoughts - these too are choices we make the time.

It is possible to bring freedom and miracles into our lives when we learn to exercise the power of

choice wisely. True freedom comes from knowing and understanding we have a choice on who and what we allow to have power over us.

True personal choice gives us a sense of control.

So every day make your choices as to whether you want your life to be average or memorable. Only you know what is best for you. We design our lives through the power of our choices.

To hone the ability to make wise choices, one needs to practice certain habits which will enable this. We need to move away from what we think we 'should' do and what we 'want' to do.

Habit Number One

When faced with a choice, learn to pause and reflect – not for too long, but sit in silence and just observe the situation if possible as a third person without judgement or expectation. The choice you make after this is more likely to be aligned to what you really want.

Habit Number Two

Do not approach any choice with a carryover from a past belief, past experience or past memory. Look at the current situation just as it is here and now. Ask yourself what it is you would really 'want' no matter how unreasonable it seems at the time. It is writing the first draft of a book, just let the ideas flow without worrying about language, grammar or anything else.

You can course

correct it later when you rationalise your choice.

Since you are listening to your inner voice the

chances are your decision will be what serves you.



Habit Number Three

When faced with a choice try to examine & analyze how you are feeling. Choices made while you are angry, tired, frustrated, sad, or in a negative mood can lead to wrong decisions. Delay making the choice till you are in a calmer, serene frame of mind.

Habit Number Four

No one is perfect. Every one of us has made wrong choices sometime in our lives. Some we have regretted, some we have learnt from, some have caused irreversible damage, and some have actually worked in our favour giving us direction. So don't beat yourself up. Also remember that a choice made when you were eighteen which went wrong may actually be a good choice when you are forty, like the choice of a life partner. Life is constantly changing and the significance and impact of events in our life also change.



Habit Number Five

There is an entity called sunk cost fallacy which reflects self-imposed bondage and becoming a slave to your own bad habits and staying in situations which are unpleasant or even painful because you have invested a lot of time, energy or other resources into it already and don't want to 'waste' these. So you choose to stay in the state even though it is detrimental.

Toxic relationships, unfulfilling careers, dysfunctional family ties or unhealthy lifestyle choices are hindering your vitality, and even draining your financial stability. You have to choose to let them go!



Acknowledgement – some content in this book is from a Tony Robbins training video supplemented by my thoughts on the matter.

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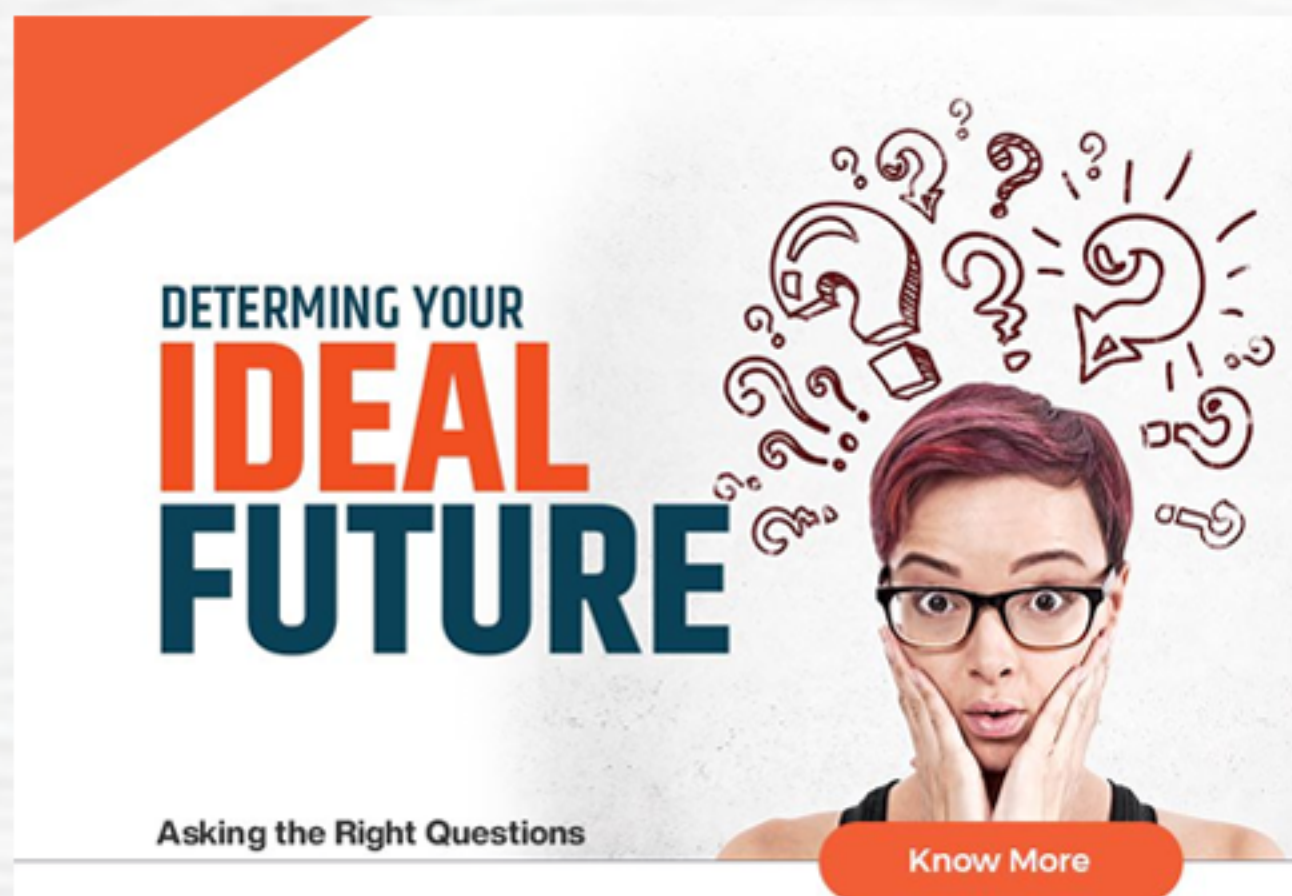
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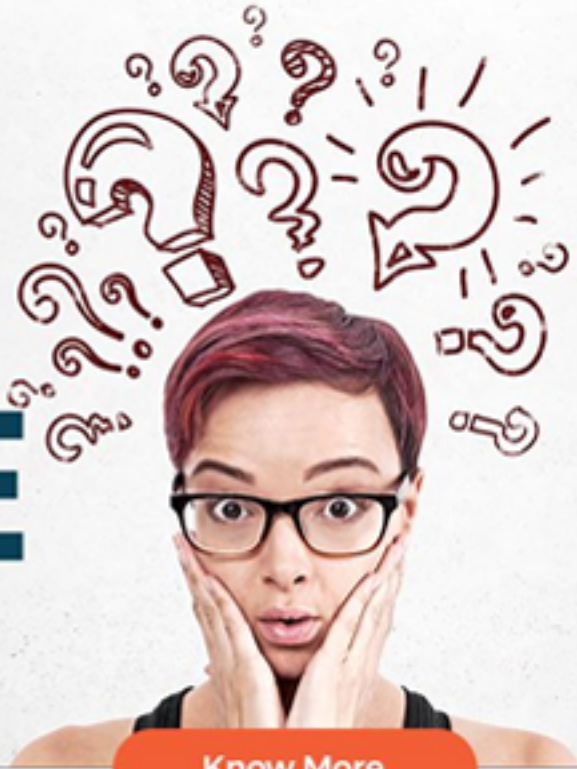
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Contact Details

IT IS OUR AIM TO CHANGE YOUR LIVING HABITS AND IMPROVE YOUR
QUALITY OF LIFE

Any queries
are welcome!



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