

AGONIZE OR ADVENTURE

Have you ever agonized over a decision? You were so consumed with making the right choice that paralysis set in and you neglected to make any choice at all. Humans are binary and function best with two choices. Anything more can trigger a state of being overwhelmed, and for some even two options are too many! Now, it's perfectly natural to be unsure when making a major life change. A career change, moving to a new country, or choosing to get married – these are all significant decisions that will have a profound effect on your life and your future. But here's what you need to remember – there is no right choice. Every experience is your very own personal adventure. Right, wrong, good, and bad are all interpretation. There is never a guarantee that any choice will work out as planned. And guess what? If necessary, you can make a correction and amend your decision in the future by making another choice. Learning happens through experience. Forget about making the right choice and simply make a choice.

Don't take life too seriously. Nobody gets out alive anyway! -

Toni Watson