



38. make better choices

“That which you call your soul or spirit is your consciousness, and that which you call ‘free will’ is your mind’s freedom to think or not, the only will you have, your only freedom, the choice that controls all the choices you make and determines your life and your character.” - Ayn Rand

When you are living in accordance with your true nature, your choices are always right. The road ahead may be difficult as a result of your choices, like making a career change, a relationship change or a location change. It is the right choice.

How do you know this? How do you know you are making choices that are true to your own true self? Often you simply know it deep down in your core but are afraid to change. Well, get over it. Do whatever it takes. There are numerous resources available to help you.

Sometimes all it takes is a list of pros and cons. Make a profit and loss page. Perhaps some planning is needed before taking the leap.

Just listen to yourself. Be quiet and still and listen.