

# CELEBRATIONS CHOICES

In our series on CELEBRATIONS after sharing the material related to the topic, we have a list of questions that we think you may find useful and practical to aid you on your Journey to WHOLENES.

Find a quiet moment when you can go through these and write down your responses so you can review any thoughts you have that could lead to positive decisions for CELEBRATIONS.

## LIFE APPLICATION QUESTIONS

We will now focus on some life application questions regarding choices. Please review the questions and apply what you are learning to your life. Please write down your responses for future record.

- What choices am I making, consciously or unconsciously, that are not based on evidence?
- How do these choices affect my use of time; my health; my relationships at work, at home, or with God?
- What are my reasons for making these choices?
- In what ways are my choices influenced by my culture or my emotions?
- Is it because I wish to please myself, or am I being careless?
- Do I accept as evidence anything and everything I read on the Internet?
- Does just one anecdote convince me of the right thing to do
- What negative choices have other people made that have influenced my life?
- How have I reacted to those circumstances?
- What freedoms do I enjoy that allow me to choose to change the direction in which I am heading?
- How can I choose to improve my attitude even under less-than-ideal circumstances?
- How many of the seven habits that influence longevity am I practicing regularly?
  - a. Am I getting sufficient sleep, exercising regularly?
  - b. avoiding tobacco and alcohol
  - c. eating a good breakfast and not eating between meals?
  - d. Is my Body Mass Index (BMI) or waist to height ratio within recommended limits?
- Which ones will I choose to introduce into my lifestyle today?
- Could I improve on any of the seven?

Example = *Chris went out to a business dinner after a long day at work. Before leaving he was accused of something he had not done. He later tells a friend, that after a few drinks he relaxed and decided to resign his job, move to a different city, and look for work there.*

What influenced his hasty decision? What did he forget to do?

How would I have acted in a similar situation?

Remembering the most recent poor choices I've made and considering the pressures I was under at the time; do I feel that I was stressed, angry, or depressed?

Did I make the decision late at night or after a heavy meal or a long day of work?

How can I remind myself to avoid making choices when in an emotional state?

Did I remember to ask for divine guidance?

What time of day suits me best for decision-making?

What can I do when confronted with a small choice that will help me make a wise decision?

What things would help me when making a big decision?

What choices do I have to make regarding my relationship with my Creator, who graciously gives me the freedom to choose?

How can I increase my awareness of His love and His interest in my choices?

Do I need to spend more time learning about Him in His Word or in nature?

Do I have to cultivate my conversation with Him in prayer?

How can I continue to build supportive evidence for my faith?