**10-day Choice Tune-up to Extraordinary Choice Living**

**INSTRUCTIONS** Everyone “builds” their life using a seamless sequence of daily choices. Every moment of every day you are making choices either consciously—or unconsciously—that propel you in “a” direction. This simple 10-day Choice Tune-up will walk you through 10 simple techniques that will raise your awareness of the true power held within your daily choices... so you can raise the quality of your everyday, ordinary choices up to the level of extraordinary choices, and thus create your extraordinary life! Have fun!

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<th><strong>DAY 1</strong></th>
<th><strong>DAY 2</strong></th>
<th><strong>DAY 3</strong></th>
<th><strong>DAY 4</strong></th>
<th><strong>DAY 5</strong></th>
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<tbody>
<tr>
<td><strong>Notice Your Focus—Where is Your Attention?</strong></td>
<td><strong>You’re “Never NOT” Making Choices</strong></td>
<td><strong>Your Personal Power Is In Every Choice</strong></td>
<td><strong>Your Choices Create Your Habits</strong></td>
<td><strong>Your Habits Create Your Life</strong></td>
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<td>People who achieve their goals keep their focus/attention on what they WANT—versus on what they DON'T want. Most of the time, do you focus on what you WANT... or don't want?</td>
<td>Choice is everywhere in life—all day everyday—so much so we rarely think about it. All day long—choices: Latte or expresso? Cash or credit? Diet or regular? Large or small? Left or right?</td>
<td>Choice is Building Block #1 to create anything you want. As you raise your awareness of how many choices you DO have every day, you'll feel the “power” that is within every choice.</td>
<td>Choices that you repeat accumulate to build your habits—i.e., the “automatic” ways that you make choices every day. Your daily choices keep your habits (good &amp; bad) “alive.”</td>
<td>Your habits are your “normal” ways of living life every day—your “auto-pilot” for daily living. Habits are Building Block #2 for creating the great life you desire—life is a habit!</td>
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**Choice Discovery #1:**
Keep it fun & light—list below a few life areas where you typically notice yourself focusing on either what you want...or don’t want.
**SOURCE:** Intro, Just 2 Choices

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**Choice Discovery #2:**
Keep it fun & light—list below a few life areas where you notice yourself making choices: Eating, driving, shopping, working, etc.
**SOURCE:** Ch. 11, Just 2 Choices

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**Choice Discovery #3:**
Keep it fun & light—notice how it feels as you make different types of choices. Rate (1-10) the “pull/power” in different choices—write it below.
**SOURCE:** Ch. 2, Just 2 Choices

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**Choice Discovery #4:**
Keep it fun & light—list below a few life areas where you typically notice yourself focusing on either what you want...or don’t want.
**SOURCE:** Ch. 5, Just 2 Choices

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**Choice Discovery #5:**
Keep it fun & light. List your habits (good & bad) from waking up to bedtime—notice how these habits “create” your daily life.
**SOURCE:** Ch. 5, Just 2 Choices

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<td><strong>Notice Your Choices of Thoughts</strong></td>
<td><strong>Notice Your Choices of Words</strong></td>
<td><strong>Create “Mind Chatter” That Matters</strong></td>
<td><strong>Notice Your “Old Story” About Life</strong></td>
<td><strong>Choose Your “New Story” About Life</strong></td>
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<td>Each moment has “Just 2 Choices”—so, do you choose mostly Choice #1: Thoughts that support the life you desire, or Choice #2: Thoughts that do not? Your choices = your life.</td>
<td>Each moment has “Just 2 Choices”—so, do you choose mostly Choice #1: Words that support the life you desire, or Choice #2: Words that do not? Your choices = your life.</td>
<td>Our minds “chatter” in thoughts &amp; words on many topics. Your “mind chatter” affects your choices daily—positive or negative. Choose to create supportive “mind chatter.”</td>
<td>Your choices of thoughts &amp; words have built the “story” that is your life. Some “old stories” are positive &amp; some are negative. Which do you want to have in your life?</td>
<td>Life is created with your choices, which tell the “story” of how you “want” your life to be. Therefore, choose only positive thoughts &amp; words to create your “new story.”</td>
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**Choice Discovery #6:**
Keep it fun & light. List your thoughts in various life areas—to include how many times you think these. See any patterns?
**SOURCE:** Ch. 7, Just 2 Choices

**Choice Discovery #7:**
Keep it fun & light. List words that you frequently choose to describe your various life areas. Do your words support/help you?
**SOURCE:** Ch. 2, Just 2 Choices

**Choice Discovery #8:**
Keep it fun & light. List your various types of “mind chatter.” Write positive mind chatter to replace any negative mind chatter.
**SOURCE:** Ch. 9, Just 2 Choices

**Choice Discovery #9:**
Keep it fun & light. List some of your “old stories” that you “tell” (say) to yourself and others on a regular basis.
**SOURCE:** Ch. 6, Just 2 Choices

**Choice Discovery #10:**
Keep it fun & light. Write all “new stories” about what you want in life & replace all your “old stories” that didn’t work.
**SOURCE:** Ch. 11, Just 2 Choices

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