

The wise choice process

[Science](#), [Physics](#)



What is your ideal future outcome?) My Ideal future outcome is to get my nursing bachelor degree by 2016, dive right into my career right after I graduate, and while work as a RAN pursue my masters degree and become a Nurse Anesthetist I want to have a stable part-time job that works with my schedule, and supports me throughout my college years so that I can focus on school and not have to worry about my financial stability. Ideally, I want to control all aspects of my life, and right now I feel as though I don't have a complete grasp on what to do to better my life 3.

What are my possible choices? (Create a long list of specific choices that might create your preferred outcome. Cut back on school, and spend more time on finding a job. Try harder to find a job Find a Job, stay in school, and alleviate my stress Meditate and find ways to control my stress levels even if I don't have a job. Realize that things will get better eventually if I just apply myself. Keep doing what I'm doing 4. What's the likely outcome of each possible choice? (If you can't predict the likely outcome of an option, stop and gather more information.

If I cut back on school, and spend more time on finding a job, it'll take me longer to finish school. It wouldn't hurt to try harder to find a job. Finding a job, staying in school, and getting rid of my stress would be perfect. Meditate and find ways to control my stress is what I should be doing so that I can focus on school. Realize that things will get better Is relying on time to fix your problems, in a sense. And I don't want to wait. I want it to happen now. I am not going to keep doing what I'm doing because it is not working for me. 5. Which choice(s) will I commit to doing?

Pick from your list of choices in step 3.) I will commit to looking harder for a Job I will commit to finding a Job, staying in school, and getting rid of my stress. I will commit to Meditating and finding ways to control my stress 6. When and how will I evaluate my plan? (Identify specifically the date and criteria by which you will determine the success of your plan.) I will start making changes In my life today March 13, 2012. I want things to change now. So I need to act now. If I procrastinate on changing, it'll only take those changes longer to happen.

I'm tired of feeling like I have no control over my life, and Its time for me to get back that control. If I ever feel discouraged or frustrated, I will simply refer back to this Journal to encourage me to get back on track the Wise Choice Process I learned that ever problem has a solution, and its up to me to make the right choice. There are many choices I can make, but I have to weigh them and see which one is the best fit for me. Earlier in this Journal I mentioned feeling like I had no control over what was happening in my life, and learning this sis choice process inspires me to change and make what I want to happen, happen now.

It feels like thoughts have been overflowing my mind. I now know that a good choice today, will lead to a better tomorrow, I have the power to choose! ' relearned that only we can change what goes on in our life, and I am starting my change today. It is my programming that has created my choices in the past. It is the choices that I make today that are creating the programs of my future. I need to " Listen to the quietest whispers of your mind. They are telling you the choices that will help you the most"