

ARE YOU USING YOUR POWER?

*YOU HAVE AN EXTRAORDINARY POWER;
ARE YOU USING IT?*

*YOU ARE AN EXTRAORDINARY BEING;
ARE YOU BEING YOU?*

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Everything begins with a choice and a decision.

Everything is a choice, and if you choose consciously you become the person you want to be and create the life you desire.

And when you choose, and commit to your choices with all your strength, you will achieve what you want.

*Whatever the difficulties you have experienced in your life, whatever the difficulties you are experiencing at the moment, **you can choose.***

You can choose to be happy or you can choose to be unhappy.

You can choose to be average or you can choose to be extraordinary.

You can choose to live a dormant life or you can choose to create consciously the life you want.

You can choose to avoid life or you can choose to love it and enjoy it.

You can choose to do anything possible, or you can choose to make conscious choices about what is right and good for you, and what makes you truly happy.

You can choose to be a victim of your past, or you can choose not to let it jeopardize your present or your future.

You can choose to feel anger about your past, events, people, or you can choose to take responsibility, forgive and let go.

You can choose to cling to the past or you can choose to let go.

You can choose to feel depressed or powerless, or you can choose to embrace yourself, your life, embrace your power, and say NO to the past.

You can choose to let yourself become depressed because of your current situation, (maybe your business is not going well, maybe you have financial difficulties), or you can choose to be positive, keep working hard with a positive attitude.

You can choose to be afraid of the future or you can choose to thrive in creating it and be positive.

You can choose to think that life is a struggle and people are mean, or you can choose to believe in the goodness of people, in the abundance of the universe, and that life is wonderful.

You can choose to give in to difficulties or you can choose never to give up and keep going, knowing you are going to get there.

You can choose to react - get angry, get upset, despair - or you can choose to respond to whatever happens in your life.

You can choose to live a life of fears or you can choose break through them and be free to live the life you want and enjoy.

You can choose to be negative or to be irresistibly positive.

You can choose to give up at the first difficulty or you can choose to keep going and strive for what you want.

You can choose to be in a job you do not like, and not do anything about it, or you can choose to make the best of it and look for what you want.

You can choose to work hard or you can choose to work smart.

You can choose to be stressed out by work or to be relaxed.

You can choose to struggle in your business or you can choose to be a success and have the qualities that would make it a success.

You can choose to be in a relationship that does not make you happy, or you can choose to have the one you want.

You can choose to be in any relationship or you can choose to have the relationship you want.

You can choose to have negative people around you, people that drag your energy down, or you can choose to have the people you want around you.

You can choose to conform or you can choose to be yourself.

You can choose to be angry with yourself or you can choose to be kind to yourself.

You can choose to hate yourself or you can choose to love yourself.

You can choose to treat yourself badly or you can choose to break those patterns and love yourself.

You can choose to beat yourself up or you can choose to be kind to yourself.

You can choose to beat yourself up or you can choose to like who you are.

You can choose to put yourself down or you can choose to appreciate yourself.

You can choose to judge yourself or you can choose to accept yourself.

You can choose to deny yourself or you can choose to welcome your uniqueness.

You can choose to betray yourself or you can choose to be true to your values and code of conduct.

You can choose to think negatively about yourself or you can choose to support yourself.

You can choose to talk negatively to yourself or you can choose to talk positively.

You can choose to have negative emotions or you can choose to have positive ones.

You can choose to be depressed or you can choose to be well.

You can choose to be needy or you can choose to be enough: self-reliant and self-sufficient.

You can choose to have low self-esteem or you can choose to give yourself value, respect and appreciation.

You can choose to please others or you can choose to please yourself.

You can choose not to listen to and respect yourself, or you can choose to give to yourself all you need.

You can choose to watch six hours of television per day, or you can choose to use the time to create your life.

You can choose to drink too much or you can choose to take care of your liver.

You can choose to eat too much or you can choose to take care of your body.

You can choose to be socially anxious or you can choose to be confident.

You can choose to be anxious or you can choose to feel good.

You can choose to be afraid of people's judgement, of what they think, or you can choose to love yourself, be comfortable in yourself and love them, help them and have the qualities that would make you irresistible to them.

You can choose to avoid people or you can choose to meet them and enjoy them.

You can choose to avoid life and people, because of low confidence, or you can choose to be you, be confident, and look for the people you want in your life.

You can choose to compare yourself to people and feel bad about yourself or you can choose to welcome and appreciate your uniqueness, start from yourself and be centred.

You can choose to be rude or you can choose to respect people and be kind.

You can choose to judge people or you can choose to accept them.

You can choose to put people down or you can choose to appreciate them.

You can choose to hate or you can choose to forgive.

You can choose to be without focus in your life or you can choose to plan and act consciously.

You can choose to be bored or you can choose to be inspired.

You can choose to give your power away or you can choose to be empowered.

You can choose to be miserable or you can choose to embrace your power.

You can choose to blame or you can choose to take your responsibility.

You can choose to complain or you can choose to take actions.

You can choose to moan or you can choose to rejoice and be grateful.

You can choose to give and contribute or you can choose not to.

You can choose to grab all the opportunities to make you happy or you can choose to let them fade away.

You can choose to give up if you do not achieve what you have chosen, or you can choose NEVER to give up, to KEEP your FOCUS on WHAT YOU WANT until YOU ARE the person YOU want to BE and YOU have ACHIEVED WHAT YOU WANT.

What are YOU Choosing?

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Piercarla Garusi is a Life Coach and NLP Practitioner, Director of PG Coaching Ltd.

She is passionate about helping people unleash their power, overcome depression, anxiety, social anxiety, fear, anger, traumas, emotional abuse and just be well and feel good. She is also passionate about helping people connect with their souls and be the extraordinary person they truly are, develop their spirituality and create a life that makes them truly happy. For more information please visit: www.pgcoaching.co.uk,
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