

BE STRONG

Eat.Move.Live

THE KNOWLEDGE

DO YOU CHOOSE WISELY?

“Our life is the sum total of the decisions we make every day, and those decisions are determined by our priorities” Myles Munro, Preacher

How often do you make a decision based on your priority in the moment, rather than your actual real long-term priorities?

The decisions that we make about food and exercise mount up to give us our long-term health and quality of life in future years. So choose wisely!

1	Do you have people in your life, who's current health state is a reflection of their past decisions – good or bad? What sort of decisions have led them to be in their current physical and emotional state? How do your decisions compare?
2	Get into the habit of making good decisions by taking a moment before making a choice, and working out which choice fits in with your long-term priorities rather than your short-term cravings.
3	If one bad decision leads to another, and another and another, work out what the triggers are for these streams of bad decisions and find a different coping mechanism. Your trigger could be that you're feeling poorly, hormonal, the weather or your emotional state.
4	A different coping mechanism might be interrupting the behaviour, replacing the behaviour, reframing your thinking or putting a strategy in place to make sure the trigger doesn't happen.
5	It's ok to make a bad decision. Just acknowledge it, and get back up quick, breaking the stream of bad decisions, so the damage is limited. We are all human and we all have flaws. The key is not to dwell on it!
6	Making good decisions 80-90% of the time will ensure that we live long and healthful lives, around for our families and loved ones for many years, living life to the full.
7	The more you practice making good decisions, the easier it will become. So just keep practicing.