

## The Power of Choice

*Brian Fitzpatrick, Principal Coach at Headspace delivered an engaging and thought provoking presentation on “The Power of Choice: Realising Your Full Potential” at the March 2011, Recruitment Edge, HR Business Breakfast. Brian has kindly provided us with his top tips to assist those who are aiming to reach their full potential, both personally and professionally.*

### Brian Fitzpatrick’s Top Tips

- 1 It might not seem like it, but you always have a choice about how you will respond.
- 2 There are more than two ways to “skin a cat”. Look at less obvious options.
- 3 Every choice has a consequence, so think it through thoroughly.
- 4 Action or Inaction? Sometimes taking no action is the best choice.
- 5 Life is a series of ‘now’ moments. What choices we make defines our life experiences. Get off auto-pilot and become present in your own life.
- 6 When faced with BIG decisions, give yourself time and space away from the issue.
- 7 Giving yourself permission to say ‘No!’ is essential.
- 8 The best choices are self-loving, not selfish. What is the most loving choice I can make for me right now?
- 9 Involve to Evolve - who are your trusted advisers? Talk things out with them.

- 10** Listen to your feelings. They can help you make better choices.
- 11** When you know you have to act, do it sooner rather than later.
- 12** When you feel nervous or scared about new choices ask yourself “whether you need to be safe or brave?”.
- 13** Don’t always choose the sensible option that is bound up in duty and obligation. Every now and again, do something a little risky and exciting.
- 14** If you know it is the right choice, choose it even if you don’t know how it might look. If you are committed, the ‘how to’ always shows up.
- 15** Always take responsibility for yourself and your choices. You are only a victim if you think you are.