

UNIT 1

iChoose



Lesson 1: Choices

“One of the greatest gifts you will ever receive is the gift to make choices.”

JOHN C. MAXWELL

LEGEND:

Use the prompts throughout the lesson to guide you.



First person
read aloud.



Next person
read aloud.



Underline what's
important to you.



Share with
others.



Take
action.

HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:

1. Form groups of 6 to 8 people within the classroom.
2. Respect and value each person in the group.
Encourage yourself and others as you share.
3. Take turns reading each section of the material out loud.
You may request to pass to the next reader.
4. Discuss openly. As you read, underline what is important to you.
5. Evaluate yourself. Review. Reflect. Apply. Have fun!



THE GOAL OF THIS LESSON:

Make good choices and practice them.



Part 1

Choice is a Gift



THE BENEFITS OF CHOICE

You have freedom.

You are in control of your life.

You have the ability to make your life better.

You have the possibility to reach your potential.

You can change the direction of your life.

Value choice as a gift!



..... Circle the benefit that is most desirable to you.
What benefit did you circle? Why?



01

Life's Choices



Everyone faces situations in life where they feel they had no choice. And it can cause us difficulty. However, you do not have to allow your circumstances, whether past or present, to define your life. You can choose to define your circumstances.

We must often live with the conditions we find ourselves in. But! The longer you live, the more your life is built upon and shaped by the choices you make.

Because our circumstances can shape our thinking and what we believe about ourselves and the world around us, it is important to understand what can help improve our future outlook. The next section will cover this important topic.

As Age Increases, the Gift of Choice Increases



*“Though you cannot go back and make a brand new start, my friend,
anyone can start from now, and make a brand new end.”*

JAMES R. SHERMAN

Choices give everyone the potential to change their circumstances and embrace limitless possibilities. As you get older, you get to make more choices. In the beginning, that can be scary! We are tempted to not open the gift of choice. If that happens to you, then it is important to know that “No choice is a choice!” Choosing not to choose is to let someone else make that choice for you. The result? You lose control of your life. You give your gift of choice to someone else! When you fail to choose your own life plan, the odds are high that you will fall into someone else’s life plan. And guess what they have planned for you? Not much!



To encourage you to get started in making choices, it is important for you to know that very few choices are final. In other words, the choice you make today can be reversed. Everybody has made wrong choices at some point in their life. That’s the bad news. Want the good news? Those choices can be changed.

REFLECTION:

Is there a choice you can make today that you haven't made before?

Review what you have underlined. Choose the most important thing, and take a minute to share with the group why it was important to you.





03

The Value of Making Good Choices

*“There is a choice you have to make in everything you do.
So keep in mind that in the end, the choice you make, makes you.”*

JOHN WOODEN



Life is full of choices! All day, each and every day. You not only have to make choices, you are made by them. Choices powerfully shape your life.

*Everything in your life is a
reflection of the choices you
have made.*

The beauty of choice is that if you want a better result, all you have to do is make a better choice.

REFLECTION:

HOW MY CHOICE AFFECTS ME

What choice can I make today that will have a positive impact on my life?



List three different ways you can reinforce the choice you just made:

1. _____

2. _____

3. _____

~~~~~

**Today I will make good choices that positively affect me.**

~~~~~

“One of the greatest gifts you will ever receive is the gift to make choices.”

JOHN C. MAXWELL

Part 2

REVIEW OF CHOICES LESSON:

- Choice is a Gift
- As Age Increases, the Gift of Choice Increases
- The Value of Making Good Choices
- Choices are the Best Way to Change Your Life
- Making Good Choices Benefits Others
- Having a Positive Attitude is Beneficial

EVALUATE YOURSELF ON HOW WELL YOU DEMONSTRATE THIS QUALITY ON A SCALE OF 1 TO 5:

Select your answer. (1 is weak, 5 is strong)

1 2 3 4 5



..... Why did you give yourself this rating?

ACTION STEP:



..... What specific action can you take immediately that will improve your rating?

Choices are the Best Way to Change Your Life



By now you have learned, you don't get better by chance, you get better by choice. So, where do you start? With yourself! Often we are tempted to want to change others, especially those who are close to us. We say, "If they would get better, my life would be better." That is not true. If you get better, your life will be better! Don't wait to discover the following:



I WANTED TO CHANGE THE WORLD

"I found it was difficult to change the world, so I tried to change my nation. When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town, and as an older man, I tried to change my family.

Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation, and I could indeed have changed the world."

UNKNOWN MONK 1100 A.D.



05

Making Good Choices Benefits Others



One of the best ways to do this is to add value to people daily. Every day I choose to...

1. Value people.

I value myself and others because we are all human.

2. Make myself more valuable.

Making choices can either help me or hurt me. Making good choices helps me and helps others.

3. Do things that other people value.

Asking people questions or asking their opinion shows that you value them.



REFLECTION:

What choice can I make today that will have a positive impact on others?



- 1. Value people.
- 2. Make myself more valuable.
- 3. Do things that other people value.

Which of the three ways do you need to improve? Check one.

- 1. Value people.
- 2. Make myself more valuable.
- 3. Do things that other people value.

HOW MY CHOICES AFFECT OTHERS

What daily choice can I make that will have a positive impact on my friends and family?



**Today I will make good choices
that will positively affect others.**

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John C. Maxwell, a #1 New York Times bestselling author, coach, and speaker, was identified as the #1 leader in business by the AMA and the world's most influential leadership expert by Inc. in 2014. His organizations — The John Maxwell Company, The John Maxwell Team, EQUIP, and the John Maxwell Leadership Foundation — have trained millions of leaders touching every nation.

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