

YOU'RE THE CAPTAIN OF YOUR SHIP

Not all choices are created equal. Next time you forget that you're the captain of your ship, think about the choices that you make every day and the impact they have on your life. For example, do you:

- Surround yourself with positive role models or negative influencers?
- Satisfy your needs or try to please everyone else?
- Set high expectations or settle for mediocrity?
- Keep your promises or break your commitments?
- Crave instant gratification or invest in your future?
- Grumble about things or work to make them better?
- Live in the present or relive the past?
- Listen to your conscience or fall victim to temptation?
- Forgive and forget or harbor anger?
- Accept personal responsibility or make excuses?

It's your choice: what to think, how to spend your time, who to be.



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