

The Power of Choice

1. Complete the following sentence by writing something you feel you have to do and you have no choice.
(Example: I have to come to work every day.)

I have to _____.

2. Complete the following sentence by writing something you feel you cannot do.
(Example: I can't pass Algebra)

I can't _____.

3. Take your first statement and instead of writing "I have to" change it to "I choose to..."
(Example: I choose to come to work every day.)

4. Do you agree with this statement? Why or why not? Do you feel that every decision you make is a choice?
Why or why not?

5. Take the second sentence you wrote and change the "I can't" to "I choose not to..."
(Example: I choose not to pass Algebra)

6. Do you agree with this statement? Why or why not? Do you think this is truly a choice you are making?
Why or why not?

7. There are very few things in our lives that we do not have control over. What are some things that you absolutely cannot control?

There are only five absolute things we MUST do to survive. They are: breathe, eat, drink, sleep, and go to the bathroom. Everything else is a choice. By making good choices you gain control over you life. Having free will is what distinguishes us from animals. As a teacher, I choose to come to work every day. I don't have to. It is my choice. If I were to choose to not come to work, I would face consequences, but it will still be my choice.

There are very few things you cannot accomplish if you are truly motivated and willing to work. For a person that thinks they cannot pass Algebra, they might have to realize it will take extra effort and help, but it can be done if they are willing to put in that effort.

Choice = Power The choices we make can either bring us closer to or further from our dreams. If you go around saying “I have to” and “I can’t” all the time, you are telling the world you are a victim and the world will treat you that way. You are no longer in control of your life and you let others make decisions for you.

If you don’t like something in your life, change it. You have the power. We make choices every day. It can be as simple as choosing to get out of bed when the alarm goes off or hitting the snooze button. At school, your ability to pass or fail a class, lies within your choices... not the teacher. When it comes to behavior, your decisions affect the consequences.

Sometimes the reasons why people make poor choices is because a certain need isn’t getting met in their lives. Maslow’s hierarchy covers the needs that all human beings have. Our needs must be met at each level starting at the bottom before we can grow and be successful.

Study the Maslow hierarchy and determine where you are. Do you have needs that aren’t being met?

Assignment:

Write a paper about a poor choice you have made. (Examples might be: Not turning in an assignment, doing something to get in ISS, talking back to a parent etc. – keep it appropriate) Describe the situation. Explain why you made that choice. Tell how making a different choice would have resulted in something better for you. Tell where you are in the Maslow hierarchy. Do you have basic physical needs met? Why or why not? Do you have a general feeling of safety? Why or why not? Do you have others that are accepting of you? Who are those people? Are there people you feel are not accepting of you? If not, why do you think that is? What is your level of self-esteem? What do you think it would take to reach the level of self-actualization?