



**Taking a good look at your choices begins by pausing and understanding that each moment is another opportunity to make another choice.** Your choices brought you to where you are right now. Your choices will take you to where you wish to be. Your choices will allow you to be ok with the in-between state while you move towards where you want to be.

**Your choices matter a lot.** Choosing who to hang out with will shape if you get nourished or depleted in your relationships. Allocating your energy at work, at home, and in your relationships will determine whether you end up exhausted at the end of the day. How you prioritize your limited resources of time, energy, and attention will create your reality and how you relate to it.

**Every day is a new opportunity to choose more life-affirming, life-supporting actions, thoughts, intentions and to re-determine your priorities.** Sometimes this takes a sacred pause. A pause where you are not responsible for anything or anyone other than your precious self. Where you put your daily hustle on hold to see what matters most to you and how your choices are affecting you and those you love every single day.

**When you find yourself stuck in your past and current choices, find some precious time for a sacred pause.** Take some time to re-evaluate what you want, what you need and how you wish to allocate your resources to live the life you really want to live. If you need help with figuring out what you want, need and what to do next, [let's chat](#).

With love and light,

Damla