

## *This Is Your Choice* **MAKE IT THE RIGHT ONE**

*If you feel motivated to have a go  
at something great - DO IT! This is  
your choice, don't ask for the  
approval of others*

*Adele Deasy*

*There isn't just one way of doing something. You are free to make  
a choice and adapt it along the way. These are your choices and  
they will inevitably lead to new moments that will add to your  
richness. So what habit are you going to pick up today? Make a  
quick choice for something you are going to do this weekend and  
make a choice about something that you are going to do next year.*

*Make a choice and see it through!*

