

The Big Picture Of Life – Choices

Overview

Most people choose to engage in self imposed limitations that cause them to languish in underachievement all their lives. Most people choose to be content with mediocrity in their lives rather than to pursue their full life potential. These realities reflect the ongoing conflicts between light and darkness in their spirits as well as the rational common sense of their minds and the emotional influences of their hearts.

The purpose of this document is to reveal a serenity of higher awareness and offer a structured approach to help lead human spirits out of the darkness and into the light and to successfully manage the competing influences of reason versus their irrational impulses to achieve emotional maturity so they can reach their full success and happiness potential in life.

Please suppress the inclination to reject these notions long enough to read and seriously consider these concepts that can be very beneficial to reaching your full life potential. Please think of these concepts as a download of advanced spiritual enlightenment that are designed to reveal the big picture of life for your benefit. They are one path to finding the serenity of higher awareness so you can navigate the difficulties and challenges of life in the modern world to help you reach your full life potential.

Choices Determine Our Destinies

Fate creates our birth attributes and circumstances and grants us the freedom of **choice** to live our lives. Fate presents us with obstacles, situations and opportunities on our often difficult journey of life but it is the wisdom of the **choices** we make that determine our destinies, success, happiness and the quality and consequence of our life experience.

Choices determine life outcomes and the most important **choices** are between light and darkness as well as wisdom, reason and common sense versus emotional impulses. The **choices** of darkness and emotional immaturity may satisfy momentary desires but they represent self imposed limitations that will adversely affect the levels of achievement and happiness in every major element of our lives. The competing **choice** to embrace serenity of higher awareness of the light and rational thinking is a **choice** to live a greater or lesser life.

Darkness vs Light

Every human spirit is confronted with endless large and small **choices** as we progress or regress through life. Each such conflict or dilemma requires a person to make **choices** between darkness and light on a conscious or subconscious level. Each person's cumulative choices are projected in their natures and personalities that are viewed by others.

The Big Picture Of Life – Choices

Every negative element in a person’s personality or nature is an irrational **choice** they made to place a self imposed limitation on their life and happiness achievement. Many people make self destructive **choices** to succumb to weakness or the temptations of darkness. Often this manifests as a choice between doing what we want to do and what we know we should do in any situation. Emotionally immature **choices** often cause them to underachieve their full life, career, success, family, romantic and happiness potential.

This summary is designed to convey principles that illuminate the path from darkness and into the light as individuals confront darkness and difficulties in their lives and strive to reach their life and happiness potential. It also reveals a path from emotional immaturity to a serene higher awareness of life through rational and common sense choices.

The chart below summarizes numerous life success factors and the **choices** they represent. It also illustrates a process for understanding how to resolve these conflicts or dilemmas to find the path out of darkness and into the light. Everyone can make the **choices** to remove their self imposed limitations. This summary offers a process that is designed to help people achieve the serenity of higher awareness to make the best choices.

	Darkness	Choice	Light	
	Emotional Immaturity	<<<>>>	Wisdom, Logic, Reason & Common Sense	
	Irrational	<<<>>>	Rational	
	Unfocused	<<<>>>	Focused	
	Self Imposed Limitations	<<<>>>	Self & Life Optimization	
	Despair	<<<>>>	Happiness / Serenity	
	Failure	<<<>>>	Success	
	Losing	<<<>>>	Winning	
	Lying / Dishonesty	<<<>>>	Truth / Honesty	
	Breaking faith with others	<<<>>>	Honoring commitments	

The Big Picture Of Life – Choices

	Darkness	Choice	Light	
	Emotional Immaturity	<<<>>>	Wisdom, Logic, Reason & Common Sense	
	Irrational	<<<>>>	Rational	
	Unfocused	<<<>>>	Focused	
	Self Imposed Limitations	<<<>>>	Self & Life Optimization	
	Selfish	<<<>>>	Selfless	
	Cruelty	<<<>>>	Kindness	
	Brutality	<<<>>>	Gentleness	
	Rage	<<<>>>	Calm	
	Anger	<<<>>>	Serenity	
	Fear	<<<>>>	Courage	
	Cowardice	<<<>>>	Bravery	
	Timid	<<<>>>	Confident	
	Bullying	<<<>>>	Encouraging	
	Thoughtless	<<<>>>	Thoughtful	
	Betrayal	<<<>>>	Loyal	
	Greed	<<<>>>	Generosity	
	Envy	<<<>>>	Be happy for	
	Murder	<<<>>>	Self control	
	Theft	<<<>>>	Giving	

The Big Picture Of Life – Choices

Darkness	Choice	Light	
Emotional Immaturity	<<<>>>	Wisdom, Logic, Reason & Common Sense	
Irrational	<<<>>>	Rational	
Unfocused	<<<>>>	Focused	
Self Imposed Limitations	<<<>>>	Self & Life Optimization	
Crime	<<<>>>	Law abiding	
Substance abuse	<<<>>>	Abstinence	
Gluttony	<<<>>>	Consumption control	
Shyness	<<<>>>	Confidence	
Self doubt	<<<>>>	Self confidence	
Self loathing	<<<>>>	Self respect	
Low self confidence	<<<>>>	High self confidence	
Hubris	<<<>>>	Humility	
Adultery	<<<>>>	Faithful to vows	
Treachorous	<<<>>>	Trustworthy	
Indifference to others	<<<>>>	Concern for others	
Harming others	<<<>>>	Helping others	
Abusing others	<<<>>>	Care for others	
Hurtful to others	<<<>>>	Helpful to others	
Not compassionate	<<<>>>	Empathetic	

The Big Picture Of Life – Choices

Darkness	Choice	Light	
Emotional Immaturity	<<<>>>	Wisdom, Logic, Reason & Common Sense	
Irrational	<<<>>>	Rational	
Unfocused	<<<>>>	Focused	
Self Imposed Limitations	<<<>>>	Self & Life Optimization	
Laziness	<<<>>>	Motivated / Ambitious	
Sedentary	<<<>>>	Active	
Slovenliness	<<<>>>	Energetic	
Disorganized	<<<>>>	Organized	
Unreliable	<<<>>>	Reliable	
Unreasonable	<<<>>>	Reasonable	
Intransigence	<<<>>>	Compromise	
Irrational	<<<>>>	Rational	
Not timely	<<<>>>	On time	
Irresponsible	<<<>>>	Responsible	
Procrastination	<<<>>>	Proactive	
Reactive	<<<>>>	Proactive	
Grief	<<<>>>	Serenity	
Distress	<<<>>>	Peace	
Excuses	<<<>>>	Results	
Shame	<<<>>>	Pride	

The Big Picture Of Life – Choices

Darkness	Choice	Light	
Emotional Immaturity	<<<>>>	Wisdom, Logic, Reason & Common Sense	
Irrational	<<<>>>	Rational	
Unfocused	<<<>>>	Focused	
Self Imposed Limitations	<<<>>>	Self & Life Optimization	
Impatience	<<<>>>	Patience	
Materialistic	<<<>>>	Spiritual / Idealistic	
Pessimism	<<<>>>	Optimism	
Cheating	<<<>>>	Honor	
Bias	<<<>>>	Fairness	
Racism	<<<>>>	Equality	
Hate	<<<>>>	Love	
Misogyny	<<<>>>	Equality	
Underachievement	<<<>>>	Achievement	
Ignorant	<<<>>>	Educated	
Stupidity	<<<>>>	Intelligent	
Dreamer	<<<>>>	Doer	
Introvert	<<<>>>	Extrovert	
Cynical	<<<>>>	Hopeful	
Unimaginative	<<<>>>	Imaginative	

The Big Picture Of Life – Choices

	Darkness	Choice	Light	
	Emotional Immaturity	<<<>>>	Wisdom, Logic, Reason & Common Sense	
	Irrational	<<<>>>	Rational	
	Unfocused	<<<>>>	Focused	
	Self Imposed Limitations	<<<>>>	Self & Life Optimization	
	Conforming	<<<>>>	Innovative	
	Distracted	<<<>>>	Focused	
	Clueless	<<<>>>	Insightful	
	Boring	<<<>>>	Fun	
	Quiet	<<<>>>	Conversational	
	Uniformed	<<<>>>	Well informed	
	Bitterness	<<<>>>	Magnanimity	
	Judgmental	<<<>>>	Understanding	
	Unsociable	<<<>>>	Gregarious	
	Loneliness	<<<>>>	Socially active	
	Conflict	<<<>>>	Peace / Serenity	
	Teen lust	<<<>>>	Emotional maturity / Self control	
	Follower	<<<>>>	Leader	
	Overweight	<<<>>>	Optimum weight	
	Poor physical condition	<<<>>>	Great physical condition	

The Big Picture Of Life – Choices

	Darkness	Choice	Light	
	Emotional Immaturity	<<<>>>	Wisdom, Logic, Reason & Common Sense	
	Irrational	<<<>>>	Rational	
	Unfocused	<<<>>>	Focused	
	Self Imposed Limitations	<<<>>>	Self & Life Optimization	
	Defensive	<<<>>>	Emotionally mature	
	Confusion	<<<>>>	Higher Awareness	
	Vindictive	<<<>>>	Forgiving	
	Sinful	<<<>>>	Virtuous	
	Immoral	<<<>>>	Moral	
	Agnostic, atheist, inactive	<<<>>>	Active faith in Christ as a guiding light	
	Total	<<<>>>	Total	
	%		%	

An Exercise

- There are narrow columns on each side of the above chart – Darkness on the left. Light on the right.
- Imagine that there are 10 points available to be divided between darkness and light based on your life realities.
- On each listed element, honestly rate yourself and divide the 10 points between darkness and light in your nature.
- The more honest you are with your self assessments, the more benefit you get from the exercise.
- Total the scores after you have rated each element of yourself.

The Big Picture Of Life – Choices

- Calculate the total % of darkness and light.
- What would Christ want you to do regarding any darkness in your nature?
- Is it not in your self interest to make the necessary **choices** to remove the darkness and your self imposed limitations?

Every moment be aware of and hyper focused on removing the darkness of self imposed limitations from your life and you will reach your full success, romantic, career, family, life and happiness potential. It is a mindset and a way of life you can adopt at any moment. Encourage the closest people in your life to embrace this mindset and way of life in their own self interest.