

## KALEIDOSCOPE OF OPPORTUNITY 5-DAY CHALLENGE

*“Life is change. Growth is optional. Choose wisely.”*

The choices we make end up following us in life. By being more responsible for our choices, and being accountable for the decisions we have made, we can change our lives for the better. So what choices are you making for yourself this week?

Over the course of the next five days, be aware of the choices you are making in life. Those choices can be around anything big or small. Log them below, and after five days revisit all the choice you made and make an honest assessment around whether your choices had a positive or negative impact on you. In other words, recognize the consequences each choice brought with it.

CHALLENGE DAY	THE CHOICE I MADE	CONSEQUENCE I EXPERIENCED AROUND THAT CHOICE (good or bad)

**Action Step:** Reflect on the consequences of your choices and post a response on Self Discovery Solutions Facebook page <https://www.facebook.com/selfdiscoverysolutionsllc/> answering this question: **Did I allow limiting beliefs to influence my choices?**

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