

**10 Defining Moments**  
**7 Critical Choices**  
**5 Pivotal People**

**Ten** Defining Moments: In every person's life, there have been moments, both positive and negative, that have defined and redefined who you are. Those events entered your consciousness with such power that they changed the very core of who and what you thought you were. A part of you was changed by those events, and caused you to define yourself, to some degree by your experience of that event.

**Seven** Critical Choices: There are a surprisingly small number of choices that rise to the level of life-changing ones. Critical choices are those that have changed your life, positively or negatively, and are major factors in determining who and what you will become. They are the choices that have affected your life up to today, and have set you on a path.

**Five** Pivotal People: These are the people who have left indelible impressions on your concept of self, and therefore, the life you live. They may be family members, friends or co-workers, and their influences can be either positive or negative. They are people who can determine whether you live consistently with your authentic self, or instead live a counterfeit life controlled by a fictional self that has crowded out who you really are.

<https://www.drphil.com/advice/defining-your-external-factors/>  
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