



Episode 141: You Choose

Do you sometimes think you have no choices in your life because of work or other responsibilities? Being a healthcare professional often means always putting your patients and obligations first with no questions asked. As a result, we get stuck in the idea that we simply don't have the freedom or agency to decide our actions.

But we always have a choice.

Each choice has its own consequences (you can always choose to make a different choice!)

In this quick tip episode, Rachel delves into the concept of making choices. It's helpful to recognise that we always have the power to make a choice - whatever the situation is. If you want to begin making choices with unclouded acceptance, this episode is for you.

Podcast links

[*You Choose!*](#) by Nick Sharratt and Pippa Goodhart

[*The Summer Day*](#) by Mary Oliver

[*The Choice*](#) by Edith Eger

[*Loss and Gain*](#) by John Henry Newman

You Are Not A Frog [Episode 123: How to Live With No Regrets with Georgina Scull](#)

[*Regrets of the Dying*](#) by Georgina Scull

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Quote to remember:

'If we wait until our lives are totally sorted — we're living in the most beautiful environment with the absolutely best people and there's no problems around — if we wait 'til then, to feel that we're going to be okay, then we're going to be waiting a very, very long time because that is never going to happen. It is perfectly possible to choose, even where you are, to have a wild and precious life.'

What You Will Learn

When we were children, there were no limits to what we thought we could do. In our young minds, we had all the freedom in the world. But we soon faced the reality that our choices are much more limited than we initially thought. As healthcare professionals, it's seemingly impossible to prioritise ourselves over our patients. We have a mindset that our jobs come before anything else.

But the reality is that we always have a choice. Even the act of thinking we don't have a choice in certain work matters is a decision we make. We sometimes don't make different choices for fear of the consequences of that decision that are out of our control. This fear holds us back and makes us feel stranded in a victim mentality with no way out. This mindset is why we find it so challenging to make choices that benefit ourselves, particularly as healthcare professionals.

Establishing your zone of power will help you identify what you can and cannot control. With this recognition comes the serenity and acceptance that some things are just outside the bounds of your control. You can turn seemingly difficult situations into pathways for something better when you learn to choose with unclouded acceptance.



As you complete this activity, you can begin to break free and make your own choices without getting held back by anything. Remember: you only have one chance at living a wild and precious life. So, you choose.

Activity: Embracing Your Zone of Power

Q1. Go back to how you used to make choices as a kid. How is it different from how you make choices now as an adult professional? Compare them by answering the following questions from each perspective.

Kid Me	Adult Me
If you could go anywhere, where would you go?	
Who would you like for family and friends?	
How would you like to travel to places?	
What would you eat when you get hungry?	



Q2. You make choices every day right from the moment you wake up. Write down some of the choices you make in a typical day, even something as minor as whether to drink tea or coffee. Then, think of moments when you felt you had no options, but in truth, you could have chosen otherwise.

Remember, choices you don't like and choosing not to act are also choices!

My Daily Choices

Q3. From what you've answered in Q1 and Q2, do you feel like you have limited choices as an adult? Why or why not?



Q4. How would you plan to live your one wild and precious life? Do you think it's possible to put this plan into action? Elaborate on your answer.

Q5. Why do you feel like you have no choice in specific situations? What do you do in those situations as a default?

Q6. Use the scenario from the previous question and ask yourself what you could have done differently. What are the possible consequences of the other choices?



Q7. The Zone of Power helps you to recognise the things which are in and out of your control. Inside the circle, write down everything within your control. Outside, write down everything you deem outside your control.

My Zone of Power

Q8. Embracing serenity means fostering unclouded acceptance of the things outside your control. Take a look at the things you've listed which are outside your control. What can you do to accept them better?



Q9. Based on the list of the things you can control, what do you think will be your next powerful step towards reclaiming your choices?

CPD time claimed:

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