

15.

There is no “have to;” everything is a

choice.

Because something is hard or expected of you or not what you feel like doing does not mean it is any less of a choice.

It is all choice.

“Having to” victimizes and overwhelms us. “Choosing to” honors our integrity and strengthens us. This is true for hard choices, painful choices, and obligatory choices.

Your choices are all yours. Be proud, be very proud.

Sample of Finding Your Integrity by Greg McBride.

Please visit gtmcbride.com/blog for the full book!