



the fork in the road

Most of us lament how busy and frenetic our days are. But we have far more power to influence the course of our day than we realize.

Capitalizing on this power requires seeing that we make thousands of choices each day. Most of the time we don't even realize we have the power to choose because we're on auto pilot, virtually guaranteeing that today will look a lot like yesterday.

To gain control over our lives, to make the choices that propel us toward our dreams, pause and at least recognize the choices you are making at the big forks of your day.



When you come to the fork in the road,
take it.

Yogi Berra

try this

Today, try to pause at the big forks—the pivotal choices you make that govern the course of the rest of your day:

- To exercise or put in an extra hour of work
- To ignore someone or have the hard conversation
- To send a snarky email or go thank someone for their effort
- To answer the call during dinner or enjoy your food and family
- To cordon off time for strategic thinking or answer 10 emails

Try counting the number of significant forks you encounter during the day. Pause at the fork and say, "I have a choice here." What choice you actually make is less important than stopping to recognize you have options. You may be surprised how many choices you have!