

# Living with our Choices

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[www.mariewellnessclinic.com](http://www.mariewellnessclinic.com)

## Choices

Our current life is largely a reflection of the small everyday choices we make. However, most of the time we are running our lives on autopilot, not really being present. We do what we have to do under the weight of responsibility and obligations without much thought as to whether we are really enjoying it or even why we are doing it.

alternative ways to shape our days.

**“Instead of looking at life as a narrowing funnel, we can see it ever widening to choose the things we want to do, to take the wisdom we’ve learned and create something.”** Liz Carpenter

Living with our choices does not take away our power to choose how we live with them.



But let's take a moment here to review our current lifestyle and the reason, we choose it. Choices are decision we make in the moment and living with the consequences is often the challenge we have to navigate; especially when it is not working out as we expected. This is often the reason we zone out and switch on our autopilot. Life starts to feel a bit less enjoyable and we may even forget that we have the power to choose

It is not all set in stone and the choices we made are not final our unchangeable. We have power over your daily actions and attitudes and by owning the results of our choices we can guide our future path.

Choose to do something every day that will bring you some excitement and interest. Remind yourself that you never lose the power to choose.

## Marie Wellness Clinic

As you can see the theme this month is all about how we live with our choices.

**“It is choice - not chance - that determines your destiny.”** Jean Nidetch

How we habitually feel about our life and our choices are our stored responses to our daily encounters and create our expectations for the future. If we need to pivot but fear making a wrong choice it may lead to paralysis. Realizing that few things are absolute, helps to relieve the fear and pressure, allowing us to learn from mistakes and proceed with new knowledge. Aligning your choices to support your personal growth can open new doors too. As we own and shape our days, we take charge of our life and the path it takes. too

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