

# Choices Checklist

## Chapter 1: Looking in the Mirror

- I choose** to look in the mirror and assess myself as needed.
- I choose** to assess what's on my radar and my Life Wheel to see the real condition of my life.
- I choose** to take action to increase my satisfaction in one area of my Life Wheel.
- I choose** to give myself grace as I need it without beating up on myself.
- I choose** to utilize my slaying principles as I work through my layers.
- I choose** to understand as I slay each layer it may reveal another layer.
- I choose** to read on, recognizing I am one of many Onion Slayers.

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## Chapter 2: The WHOLE Perspective

- I choose** to complete the WHOLE exercise.
- I choose** to pursue living in agape love with myself.
- I choose** to love others with brotherly love, sometimes from a distance.
- I choose** to be wise when revealing my layers to others.
- I choose** to understand that my history has multiple perspectives.
- I choose** to organize my life to achieve the life I want to have lived.
- I choose** to be consciously aware of my five closest friends.

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## Chapter 3: Unlocking Your Jail Cells

- I choose** to recognize some of my jail cells are of my own making.
- I choose** to acknowledge I hold the key to each layer and each lock.
- I choose** when I am ready to open each door.
- I choose** to ask for guidance, help, and support in my journey as needed.
- I choose** to see my choices are attached to my layers.
- I choose** to reframe my crap to fertilizer.
- I choose** to tell myself the truth, as it's a critical step to leaving my jail cells.

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## Chapter 4: Learning to be Brave

- I choose** to be BRAVE.
- I choose** to be responsible for my choices.
- I choose** to attract what I value and want to experience.
- I choose** to live unlayered from the inside out.
- I choose** to discover how my values influence my experiences.
- I choose** to consider my thinking patterns.
- I choose** to experience being.

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## Chapter 5: Building Bridges

### Relationship Value Exchanges

- I choose** to meet each person where they are.
- I choose** to invite each person to cross a bridge with me as they are ready.
- I choose** to gently and kindly ask questions to discover where the other person is on the bridge.
- I choose** to listen and validate the ideas of others.
- I choose** to consider ideas I might not otherwise consider.
- I choose** how to categorize the file folders of my life stories.
- I choose** to initiate authentic connections by living from my core self.

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## Chapter 6: The Labyrinth Experience

Where the Heart, Soul, and Mind Connect

- I choose** to learn and understand how my heart, soul, and mind connect in my inner labyrinth.
- I choose** to operate in quiet leadership with myself and others.
- I choose** to navigate my inner labyrinth.
- I choose** to recognize the implications of investing in relationships.
- I choose** to walk deeper into my own layers.
- I choose** to reassess my Life Wheel and the actions I take to increase my life satisfaction.
- I choose** to see the results of my beliefs and my perceived purpose.

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## Chapter 7: Next Steps

- I choose** to unveil one layer at a time.
- I choose** to seek on-going revelation of my layers to unlock more jail cells.
- I choose** to know my WHOLE self.
- I choose** to revisit the WHOLE and BRAVE exercises as needed.
- I choose** to show up BRAVE in my highest potential.
- I choose** to connect with others to take my next steps.
- I choose** to be an Onion Slayer for life.