

# UNDERSTAND THIS AND YOUR LIFE WILL CHANGE

*We  
develop a passion  
for Teaching!*



**INFINITY PODCASTS 571**

When you get to the end of your  
life will you have pride in the  
consistent  
choices you made throughout your  
life or regret  
in the poor choices that led you to  
a lesser quality of life than you  
were capable of living  
the little choices you make every  
day  
add up in every area of your life  
every time without exception  
they can add up positively or  
negatively  
the choices you make consistently  
can add up to a life you love or a  
life that  
is suffering the consequences of  
bad decisions  
when you add up all of your  
choices over  
weeks months  
years a lifetime

the difference in the quality of life  
you live can be very different  
depending  
on the choices you have made  
it's never one big moment that  
defines your success or happiness  
in life it's the little things  
it's everything  
every little thing  
it's every choice you make every  
day  
the choice to sleep in or the choice  
to get up early and work out  
compound those choices over  
many years  
and you have two very different  
lives both in fitness mentality and  
quality of life  
the choice to be grateful for all you  
do  
have and practice that every day or  
to be resentful and bitter always  
complaining about what is missing

what is not there  
compound those feelings over  
years and  
you have two very different lives  
the amazing things that come to  
someone  
who is in genuine appreciation for  
everything that is good in their life  
and the negative circumstances that  
arise from the person who is  
constantly  
complaining about what is not  
there every choice matters  
if you do  
or you don't say hi to that person  
that one little moment could have  
changed  
your entire life if you do  
or don't pick up your phone while  
driving that one choice can change  
everything  
if you do or don't read that book  
if you do or don't eat those things

that you know you shouldn't or  
those you know you should  
if you do or don't stand for  
something you believe in  
if you do or don't stand up for  
yourself  
if you do or don't compare yourself  
and compete with others  
if you do or don't show daily  
gratitude  
do daily exercise do daily  
meditation consistently eat healthy  
every choice every day  
every moment matters  
and it is never too late  
if you have only just realized that  
the choices you have made over a  
long period  
have led you to a place you don't  
want to be start now paving a new  
path a path made with stronger  
choices that  
lead to a better destination every

choice from this moment forward  
is shaping your future you are the  
master the captain  
the director of your life  
you write the book and the next  
chapter starts right now  
you decide where these coming  
chapters  
are going based on the path you are  
paving right now today  
tomorrow and in the future with  
every choice you make  
who you will become in 1 5 10  
years will  
be very different depending on the  
choices you make in every moment  
who you will become will depend  
on the  
choices you make with consistency  
when you get to the end of your  
life when you have pride in the  
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choices you made throughout your

life or  
will you live with regret because of  
the poor choices that led to a lesser  
quality of life than you were  
capable of living  
the choice is yours in every  
moment in every day  
make those choices consciously in  
presence in confidence and without  
caring what anyone else expects  
from you  
this is your journey and when you  
make  
choices that you know are best for  
you  
from a place of intuitive knowing  
from your heart you can bet those  
choices will lead to better  
outcomes for you and for others as  
well you

**ENGLISH PODCASTS**