



## Section 2: Conscious Rebellion

### Exercise 4

This exercise helps you understand the sheer volume of choices you make every day.

#### Decisions, Decisions...

*Check the decisions you'll make tomorrow. Add your own to the list.*

- Home-brewed or coffee shop
- Packed lunch or takeout
- Dinner out or dinner in
- Organic or conventional
- Store brand or national brand
- Used or new
- Internet shopping or store
- Super or convenience store
- Boutique or mall
- Pay cash or use credit card
- Replace or repair
- Buy or lease
- Salon shampoo or Suave
- Premium or regular gas
- \_\_\_\_\_
- \_\_\_\_\_

You make endless decisions and most of them are unconscious. Here's where building awareness comes into play. Once your decisions become conscious, all your choices are part of your master plan.