



## "I DECIDE to enjoy my day."

By Julie Hutton

### One simple sentence that can change your life forever.

In the time it takes to read this article and write the following heading on a blank piece of paper, you will be well on your way to completely changing how you experience your life:

#### **LOG SHEET: "Today, I decide..."**

During a two-year period, I experienced intense, rapid, and painful change resulting from my own personal two-fold internal World Trade Center type disaster that broke my heart, almost broke my spirit, and changed me forever.

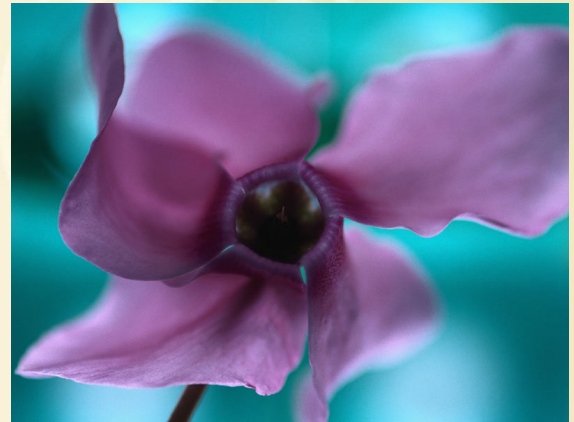
The first disaster was learning that my beloved mate, the man I was deeply and profoundly in love with, had been leading a secret life and having an affair for the prior year and a half.

Secondly, the joint businesses we worked together were folding, resulting in my losing more than \$350,000 and having to sell my cherished home and move into a small apartment.

**"I was hurt, disappointed, angry, raging, scared, and mercilessly self-condemning for not seeing it coming and for thinking I was so gullible."**

Moving into the apartment was a gigantic task, requiring letting go of tons of accumulated stuff, sorting through old documents, and purging.

Then came the physical task of moving the furniture and boxes I still needed to keep and cleaning a large home.



Because I was physically out of shape and emotionally wounded, by the end of the two-week daily marathon, I was physically, mentally, and emotionally wiped out. Too many changes, too fast, and I was in a fierce resistance to them all.

The result? My body and mind shut down. I was pretty much dysfunctional for two solid months, spending six to eight hours a day in bed, in addition to my night hours in bed.

My thinking was clouded and confused. I was angry and resentful that I had to make these changes. I was ashamed and embarrassed about what I perceived to be my bad choices. I was frightened about my future.

I was a mess. I knew I was a mess. So, I sought out an alternative healer and began to get my physical body back in balance with good nutrition, herbs, and vitamins.

Next, I knew I desperately needed something to refocus my mental and emotional mind. I needed to redirect my thinking from all that I perceived was going wrong in my life (loss, unwanted change, sense of failure) to what I *wanted* to ex-

## "I DECIDE to enjoy my day."

perience—peace, enjoyment, contentment, renewed hope, even joy.

At that time, I asked myself these questions: *"What do I want to focus my attention on? How do I want to experience my life?"* I knew I needed to "proactively decide," instead of just continuing to defensively react and feel off-kilter. My life, my future depended on it.

While I knew of the concept of "consciously deciding," I'd never taken the action required to integrate it into my life.

This time, as I pondered the possibilities of what that might mean to my life and wrote it down in my journal, I decided to act on it (my first "I decide"). Then, just as quickly, the thought came to me,

***"Yes, it's a great idea, but if you don't integrate it into your daily life, this will be just another grand idea, Julie, and it will be quickly forgotten within two days."***

So, here is the simple, easy, and effective method I created to integrate just one daily "I decide" into my life, setting in motion a life-changing internal revolution that allowed me to completely re-invent myself into a more peaceful, powerful, and centered person.

***Simple enough to begin. Easy enough to continue.***

### **Create your first powerful "I decide"**

First, create an "I decide" that is meaningful to you—one that is important to integrate into your life.

For example, the primary "I decide" that I choose every day is *"Today, I decide to enjoy my day."* This became my daily morning touchstone during my period of rapid growth and change.

It became my personal battle cry. "No matter what is happening in my life, no one, no event, no situation is going to take that away from me. Period."

Each day, just writing my "I decide to ENJOY my day" set the decision in my mind. It wasn't something I consciously reminded myself about throughout the day. It was just the clear *decision* each morning that set the tone for my day.

Day after day of habituating "I decide to ENJOY my life" opened me to new thinking, new choices, and then other new decisions that helped me to literally create more enjoyable days and not let any turn of personal or global events negatively impact my life.

If I learned that a project was going to be delayed or canceled, costing me thousands of dollars, I'd find myself momentarily disappointed, and then I'd feel a determination well up inside of me not to let that detract from the enjoyment of my day.

The "I decide" that I would write for the day would set the course for my mind to follow, as sure as a rudder sets the direction on a boat. It was ME taking control of the one thing I had the ability to control—what I gave my attention to.

### **Supercharge your life in less than two minutes a day.**

Interestingly, from the mental and emotional position of *enjoying my day*, I was more clear-headed and resourceful about how to proceed and problem-solve to minimize damage and/or maximize opportunities.

My first "I decide" set the stage for my complete life turnaround. It set the cogs in motion for integrating one new habit after another.

Before I knew it, I was constantly upgrading my life to add more of *what really matters to me* and subtracting habits, behaviors, thoughts, and activities that were negative, depressing, limiting, boring, insignificant, or that I'd just outgrown.

I tackled one important new habit at a time, until it was securely integrated into

## "I DECIDE to enjoy my day."

my life, before choosing another.

I started with easy changes and habits that were what I'd call "low resistance to change," such as take two minutes a day to write one "I decide" sentence (without worrying about *how* I was going to accomplish it) or take a 10-minute walk.

Then I gradually took on more complex habit changes that held a "high resistance to change," such as addiction to substitutes for true self-love and connection to the indwelling Spirit. (Common substitutes: alcohol, drugs, pornography, sex, food, relationships, work, money, possessions, power, success, winning, etc.)

### Work with only one "I decide" initially

Start working with only one "I decide" a day until you have strongly developed your new habit. Doing so will help you avoid overwhelm and self-sabotage.

### Make it as automatic as brushing your teeth

Build a routine to support your commitment to consciously decide how you want to focus your attention, your attitudes, your energy for the day. You will know something is integrated into your life when it becomes as automatic as your morning shower or brushing your teeth.

To achieve that integration, you need an easy method to practice your new activity long enough for it to become a habit for you. Here's how I did that for myself and how I advise clients in my counseling/consulting practice:

### Start each day by declaring your "I decide"

At the top of your plain piece of paper, write the heading: LOG SHEET: "Today, I decide..." (and write in your personal decide). Then add that day's date. Now make a com-

mitment to START EACH DAY, for three days in a row, by writing on your log sheet "Today, I decide..."

Example:

*LOG SHEET: "Today, I decide."*

*Today, I decide to enjoy my day. July 2 (Day 1)*

*Today, I decide to enjoy my day. July 3 (Day 2)*

*Today, I decide to enjoy my day. July 4 (Day 3)*

If you miss a day, start your three-day count over until you complete your three-day commitment. Your first goal is to build a steady, consistent pattern for success. Only commit yourself for three days at a time. When you have successfully written your "I decides" for three days, start over.

And over. And over. And over, until you have logged in 30 consecutive days without missing one day. Now you know you have achieved consistency.

### Watch for tendencies to sabotage

Relax. Take as long as you need to reach your full 30-day consistency. Sticking with a three-day commitment, instead of jumping into a 30-day commitment, reduces self-sabotage by keeping your new habit in a manageable, bite-sized portion. This builds an energy of success and competency within you that will facilitate even higher levels of "I decides."

### Place your log sheet someplace you go to every day

Place your "LOG SHEET: Today I decide." somewhere you will be every day when you start your day. I have mine at my work desk. It is the first thing I do at my desk every morning. You might have yours on the bathroom counter or on the front seat of your car (ready for your morning commute). Sometimes I place reminders on the floor or on the stairs, where I'll have to walk over them to get out the door.

Where do you go, consistently, every day as you start your day? Put your

## "I DECIDE to enjoy my day."

log sheet there within your view. Set it on top of the toilet seat, if you need to, so you have to move it to use it.

### **Add additional "I decides" only after you have achieved consistency**

Build your new habit incrementally. First, build commitment and consistency by writing only one "I decide" a day. If you miss a day, don't let yourself slip into self-reproach. Just pick it up again and start over.

You are building a pattern of success within yourself to carry you when your choices for change and growth become more complex and have "higher resistance."

After you have achieved consistency in writing your daily "I decides," then expand and deepen your commitment by adding additional "I decides."

You can start out by adding one more "I decide," bringing your daily total up to two. Then three. Four. And five. I recommend you do no more than five a day, as you may have a tendency to become bogged down and lose the joy and desire to do them every day. (This is another sneaky way we can sabotage ourselves.)

Create "I decides" that are meaningful to you in your life. For examples, here are a few others I use:

*Today, I decide to TRUST my unfolding.*  
*Today, I decide to be DETACHED from drama.*  
*Today, I decide to INQUIRE into any thought that creates distress.*  
*Today, I decide to CONNECT deeply and profoundly with Spirit.*

Be open to discovering new "I decides" to add to your list as you go along.

I am constantly finding new concepts I want to reinforce and habituate into my life—especially since I know by successful experience after successful experience how powerful and effective this technique is. My list is ever evolving along with my growth.

### **Keep this article with your log sheet**

Reread this article occasionally to remind yourself where you are going with this exercise and what the steps are until you have completely habituated it into your life and are consciously creating your experience of life every moment of every day.

### **Now, watch for the results**

It may take a little while for you to notice, but, if your decision is sincere, the results will be there, too. One client mentioned to me, "It seems so simple, yet it is a huge commitment to myself." Yes, it is.

It takes less than two minutes to write three different "I decides" a day, yet it has the power to set the tone and super-charge your whole day.

### **Can you think of a more powerful way to use two minutes?**

### **Wishing you great success and your days filled with pleasure and joy,**

*Julie Hutton*

### **Steps in review:**

1. Create your first powerful "I decide."
2. Work with only one "I decide" initially.
3. Make it as automatic as brushing your teeth.
4. Start each day by declaring your "I decide."
5. Watch for tendencies to sabotage.
6. Place your log sheet someplace you go to every day.
7. Add additional "I decides" only after you have achieved consistency.
8. Keep this article with your log sheet to review and reinforce your commitment.

### **Now, watch for the results.**

