

# D.G. Counseling Inc.

1000 Maple Avenue, Downers Grove, IL 60515 Telephone: (630) 353-0697

## N E W S L E T T E R

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### LET FREEDOM RING!

By Jenna Pasquenelli

“What do you want out of life?”

Have you taken the time to ever sit and think about what it truly means to be free? Freedom brings with it a combination of both exciting and anxiety-provoking feelings. Each individual is responsible for creating their own unique identity and life. How desirable, the thought that you and you alone can make your life into whatever you want it to be! But wait, you have to do it all by yourself? Yes! Each individual has the power within themselves to create their own meaning in life. If you accept this responsibility you can achieve your full potential!

*“Are you sitting at the crossroads, taking neither path because you cannot take both?”*

Decisions in life are unavoidable; accepting that you have to make decisions is the first step in easing the pressure. If the steps to action are simple, than why are decisions so difficult? Don't burden yourself with the 'what ifs'

and don't burden yourself with thinking that one decisions leads to the exclusion of alternatives. Own your decisions! The decisions will not stick unless you own it! Don't allow others to make decisions for you either, this will make it more difficult to commit and will prevent you from learning to make decisions on your own.



Are you ready to make a change? The first step in the process of change is awareness of responsibility. Have you ever wished for something? You have the ability, if you are willing, to turn that wish into action. The steps are simple:

- (1) Wish (“I wish for happiness”)
- (2) Willing (make the resolution to be happier)
- (3) Decision (no change is possible without effort and decision is the trigger of effort)
- (4) Action (this is where your freedom of choice begins)

*“Awareness of decision enriches life and encourages one to commit oneself to the task of living as fully as possible” - Yalom*

**Keep in mind the following four statements in your decision to change:**

“Only I can change the world I have created”

This change is continuous throughout life

You will always continue to create yourself

“There is no danger in change”

Don't fear it!

“To get what I really want, I must change”

Become aware of your conflicting wants and needs to prevent self-sabotage

“I have the power to change”

Repeat this to yourself as many times as you can!

Never forget, every person is different because each person makes different choices. When you make a choice, your life moves forward. Use that power! Start making positive changes today and enjoy your freedom of choice!



**F**eel it, own it, do it!

**R**esponsibility

**E**very individual has free will

**E**njoy your freedom do not let it restrict you

**D**ecision leads to action!

**O**ne creates oneself throughout life

**M**ake the decision to change today!

