

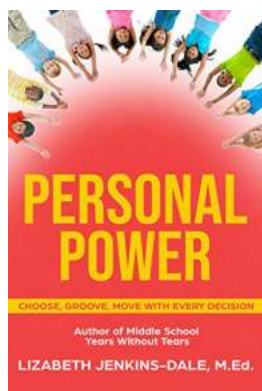
5 Life-Changing Tips to Choose Groove Move With Every Decision

Imagine a life where every decision you make leads you closer to your goals, brings you joy, and aligns with your values. Sounds pretty amazing, right? Well, it's possible if you learn to choose your groove move with every decision. In this article, we will explore five life-changing tips to help you do just that.

1. Know Your Values

Understanding your values is the first step towards making decisions that are aligned with your true self. Take some time to reflect on what truly matters to you. Is it family, success, freedom, or something else entirely? Once you have a clear understanding of your values, it becomes easier to filter your choices through that lens. Ask yourself, "Does this decision align with my values?" If the answer is yes, you're on the right track.

For example, if one of your core values is family, choosing to work overtime instead of spending quality time with your loved ones may not be the best groove move. On the other hand, if your value is personal growth, investing that extra time in developing a skill or pursuing a passion project might align perfectly with your values.



Empowering Kids: Personal Power: Choose, Groove, Move With Every Decision

by Lizabeth Jenkins-Dale (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 535 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 110 pages
Lending : Enabled



2. Visualize the Outcome

Before making a decision, it's important to visualize the potential outcomes. This can help you determine if the choice you're about to make will lead you towards your goals or take you off track. Take a moment to imagine yourself in the future, after making that decision. How does it feel? Does it bring you closer to where you want to be?

For instance, let's say you're debating whether to take a job offer that promises a higher salary but less job satisfaction. Visualize yourself in that role, earning the big bucks but feeling unhappy and unfulfilled. Now, visualize yourself pursuing your passion, even if it means a pay cut, and feeling a deep sense of fulfillment and joy. Which outcome feels better? The answer lies in your groove move.

3. Trust Your Intuition

Intuition is a powerful guiding force when it comes to making decisions.

Sometimes, your gut feeling knows what's best for you even when logic doesn't seem to point in the same direction. The key is to trust your intuition and allow it to guide you towards your groove move.

Pay attention to the physical sensations that arise when you contemplate different options. Does your body feel light and uplifted or heavy and constricted? These physical cues can be indicators of whether a decision aligns with your true self or not.

However, it's important to note that intuition should be balanced with rational thinking. Consider the pros and cons of each decision to ensure you're making an informed choice, but don't ignore the whispers of your intuition that can lead you to a more fulfilling path.

4. Embrace Failure as a Learning Opportunity

While making decisions may seem daunting at times, remember that failure is an inevitable part of the process. Instead of fearing failure, embrace it as a learning opportunity that can help you refine your decision-making skills.

Even if a decision doesn't lead you to the desired outcome, there will always be lessons to learn and insights to gain. By adopting a growth mindset and seeing failures as stepping stones towards success, you can approach decision-making with courage and resilience.

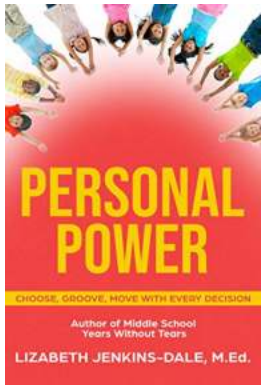
By choosing to learn and grow from each decision, you can make informed choices that align with your values and aspirations.

5. Surround Yourself with Supportive People

The people you surround yourself with can greatly influence your decision-making process. Surround yourself with supportive individuals who understand and respect your values, goals, and ambitions. These are the people who will encourage and uplift you, enabling you to choose your groove move more easily.

On the other hand, toxic relationships and negative influences can cloud your judgment and make it difficult to make decisions that are in line with your true self. Take a moment to reflect on your relationships and make necessary adjustments to ensure you're surrounded by a positive and empowering support system.

In , choosing your groove move with every decision is a mindset that can transform your life. By knowing your values, visualizing the outcome, trusting your intuition, embracing failure, and surrounding yourself with supportive people, you can make decisions that align with your true self and lead you closer to your goals. So, the next time you're faced with a decision, remember these life-changing tips and choose your groove move.



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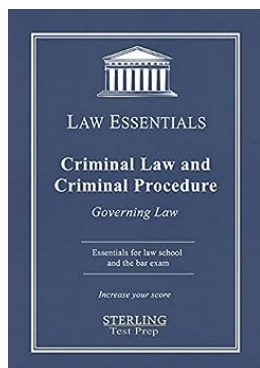
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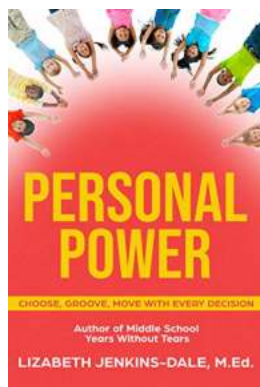
"Empowering Kids: Personal Power" shows students of all ages just how to create peaceful and productive lives by understanding what is really going on with the situations they encounter. By explaining who and what human beings really are, students can harness their personal power for the benefit of all. Choose, Groove, Move is a simple life strategy that says to stop and choose, think and feel good, then act with any situation, encounter, or interaction for a win-win outcome. Want to be confident, friendly, productive, and successful? Then read the "gems" offered by author, veteran teacher, and mom, Lizabeth Jenkins-Dale,

M.Ed. in "Empowering Kids: Personal Power - Choose, Groove, Move With Every Decision.



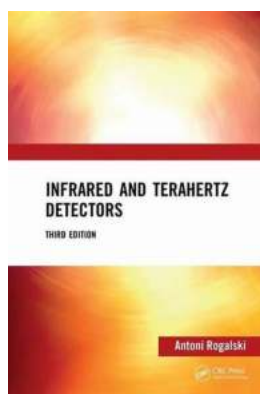
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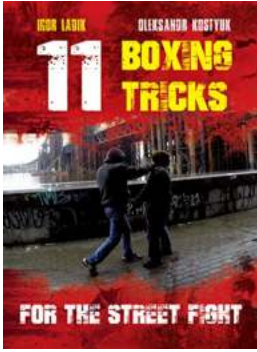
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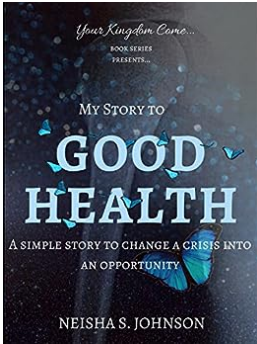
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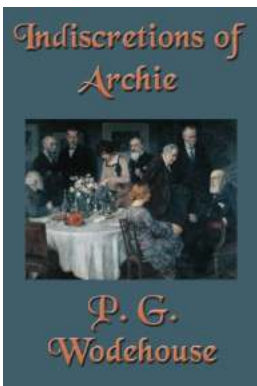
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