The Choice

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You'll often have the choice between things that are easy and things that truly make a difference. Complaining is easy but it accomplishes little. Solving the problem takes much more effort than complaining, and it also makes a much more positive difference.

Sleeping late is easy but what does it get you? By contrast, waking early and going for a brisk walk will likely make your whole day more positive and productive, in addition to being great for your health.

Those who continue to choose the easy things become slaves to their basest desires. Those who consistently choose the more rigorous path are rewarded with the ability to live life on their own terms.

Easy is enticing. Effort is empowering. Do you want to squander your precious time being enticed and coddled, or will you use that time to build a life of achievement? The choice is always yours, and the results are always of your making.

Lesson: You Always Have a Choice