

THE CHOICE POINT METHOD



**How to move from feeling
trapped to feeling
empowered –**

one moment at a time.

When Life Looks Fine... But Feels Stuck

Most people are capable of doing the things they say they want to do.

They show up, fulfil their responsibilities, and sometimes with a smile.

From the outside, life often looks "fine". Maybe even great.

And yet, inside, there's often a familiar feeling that keeps returning...Is this really it?

And you dismiss this feeling, quickly. Telling yourself to be grateful.

Reminding yourself of what you have, and you push through another familiar day.

And so life continues. Predictably.

The to-do lists. The responsibilities. The expectations.

Until one day, you might realise...

- Feeling stuck doesn't mean you have no options.
- It usually means you have forgotten that choice exists.

This guide is here to help you find that space again.



So What Is The Choice Point?

The Choice Point is the moment where change becomes possible.

It's the moment between what happens to you...and how you respond to it. It's very small. It's easy to miss. And it is incredibly powerful.

This quote from Viktor Frankl changed my life. He said:

"Between stimulus and response there is a space.

In that space is our power to choose our response.

In our response lies our growth and our freedom."

Most of us don't experience that space very often. Because our nervous system is designed to prioritise safety over possibility. When something feels uncomfortable - from criticism to pressure, even uncertainty from something that is new - the system reacts quickly. It reaches for what is familiar, Because familiar feels safer because it's known.

So we react in ways we don't want to. We lose it with loved ones or colleagues, or we withdraw, become silent, or we overthink, or avoid.

The Choice Point is about learning to notice that space *before*, and gently step into it. Because, as Viktor says, is where freedom begins.

Why Feeling Stuck Is Not a Failure

If you feel trapped, overwhelmed, or out of options, your nervous system is prioritising safety - possibility doesn't get a look in. Your mind is recycling familiar responses, because they are predictable...and safe.

Your awareness hasn't been given space to intervene...yet.

And - you can do something about this. When you understand feeling stuck isn't a character flaw, you create space to see it is actually a signal.

And when you notice the signal, awareness returns.

And when awareness returns, choice becomes available again.



The Choice Point Method

I have created a simple framework for creating change.

And you realise now, this isn't about fixing yourself, because you are not broken.

You have just forgotten how to practice choice.

This guide will help you reconnect with your agency - one moment at a time.

Step 1: Notice the Moment

Change starts with noticing where you wish to BE someone different.

Throughout your day, there are tiny moments where irritation appears, anxiety rises, or where hesitation shows up. These are the moments where you feel the urge to react automatically.

These moments are Choice Points.

Instead of pushing them away, pause.

Notice "Something is happening inside me right now."

That awareness is enough.



Step 2: Create Space (Without Forcing Change)

Introduce curiosity by gently asking yourself...

- What am I feeling right now?
- And where do I notice this in my body?

This creates space for observing your emotion, instead of collapsing into it. Instead of reacting.

All emotions are signals. They are signalling your body to prepare to take action. Energising you in a particular direction.

The Choice Point is catching that moment before it turns into behaviour. Even a few seconds of awareness creates space.

And in that space, your choice is restored.



Step 3: Choose a Different Response (Gently)

You are not looking for the perfect response; you get to choose a more conscious one.

That might look like:

- Pausing instead of snapping
- Breathing before a spiral
- Speaking honestly, instead of saying what you think others might want to hear
- Or silencing your own voice.

This is how patterns loosen.

This work isn't very dramatic. But it is very deliberate.

Consistency is the key to build momentum. And momentum is how you build self trust.



Step 4: Practise in Ordinary Moments

This method works because it fits into real life. It integrates into what you are already doing.

Use the practice of habit stacking:

You can observe while brushing your teeth, waiting for the kettle, when you are sitting in traffic, or my favourite – when you are drinking your first coffee of the day.

Simply ask yourself:

“What am I noticing inside me right now?”

That’s the practice.

Simple isn’t it? Yet – not easy. Otherwise everyone would be doing it.

Discipline is choosing to return to it consistently. Little and often, throughout your day.



What to Expect as You Practise

In the beginning, your mind may resist, you may forget, and you may feel distracted or doubtful. That's all normal.

This doesn't mean this isn't working. Or that you are failing.

It means what is familiar to you is being gently challenged. And what is familiar is trying to desperately to hold on.

You are practising, so I invite you to remember that. And practice means starting again sometimes, and returning - repeatedly - to awareness.



What Changes Over Time

As awareness grows, you may notice you are feeling a little calmer, you will feel a sense of choice returning. You will notice less reactivity and perhaps more self-trust.

Life doesn't suddenly become perfect. But it becomes yours again.

This is how change happens - quietly, from the inside out.

And simply by being here, you have already begun.

Final Reminder

Wanting more is not selfish. It's human.

As Wallace D. Wattles said:

“The desire for more life is inherent in every living thing.”

The Choice Point is where you honour that desire - without blowing up your life or forcing change.

One moment at a time.



Your success is our mission.

We believe that quiet voice inside you is telling you your life can be different.

Better. Happier. Calmer. More fulfilled.

We believe you can rise out of the place you're in right now.

We believe you haven't walked this hard path for nothing.

And we believe this is not your moment to give up.

Borrow our belief in you.

Giving up is not an option.

Life is short.

Isn't it worth living it the way you want?

