

Change Your Future

Decisions create your future! Good decisions can create a positive future. Bad decisions can create a miserable future. The decision to eat ice cream each night may give you a good feeling on those nights. You may enjoy the taste. You can receive a sense of satisfaction.

Following a number of those nights with the decision to eat ice cream can also have negative results. Your weight increases. The bad cholesterol levels increase. The doctor warns you of impending health issues. Somehow those decisions that gave you such pleasure in the past don't seem to be good decisions today.

You can change your future by changing your decisions. Your future is not limited by decisions of the past. Tell the ice cream that you are making a change. You have decided not to eat the forbidden dessert each night. Set a course for your future as a winner. Make a decision that will create a better tomorrow than what you are experiencing today. Your new decision will create a positive future for you!