A COMPLIMENTARY GUIDE

SEE CLEARLY.

CHOOSE WISELY.

THE FIVE PILLARS FOR CONSCIOUS DECISION-MAKING

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CREATOR OF THE LIFE YOU CHOOSE

THELIFEYOUCHOOSE.ORG



WELCOME

A quiet place to see clearly

Thank you for being here. This complimentary guide is my gift to you.

For much of my life, I searched for better answers. Eventually, I discovered that the greatest changes in my life began with better questions.

These pages are not here to tell you what to think. They are an invitation to pause, become curious, and look honestly into your own mirror.

My hope is that you will see yourself a little more clearly.

With gratitude,

Amira Mor

A PERSONAL BEGINNING

Why I Created This Guide

I once sat in my car after a Kabbalah class, tears of anger streaming down my face. An hour earlier, the teacher had asked about the inner adversary, the force that pulls us away from our highest self.

I called out the answer before anyone else, proud of my knowledge and eager to be seen. He looked at me calmly and said, “That is your ego.”

I was furious. Then, slowly, the question changed.

I stopped asking whether he had treated me fairly. I began asking whether I was willing to see myself honestly.

Real transformation rarely begins with a dramatic moment.

More often, it begins with one quiet decision to see clearly.

THE BEGINNING

What Is Clarity?

Clarity is not having all the answers.

It is seeing yourself, your choices, and your life a little more honestly than you did yesterday.

From that place, better decisions become possible. Repeated over time, those decisions create a different life.

Most people believe change begins with action.
I believe it begins with awareness.

Because we cannot consciously choose a life we cannot clearly see.

QUESTION > AWARENESS > CLARITY > CHOICE

A FRAMEWORK FOR CONSCIOUS CHOICES

The Five Pillars

Five questions that help us see not only what we are choosing, but who we are becoming.

FOUNDATION	Is it true?
STRENGTH	Is it brave?
HEART	Is it kind?
CREATIVITY	Is it life-giving?
TRANSCENDENT	Who am I becoming?

A STORY FROM THE LIFE YOU CHOOSE

When Monday Is a Lie

The Five Pillars in real life.

Ely was the kind of man who filled a room before he even sat down. Loud laugh. Big appetite. Big belly. Big heart.

At fifty-four, his doctor told him his blood pressure was dangerously high. He needed to lose weight, move every day, cut the drinking, and stop pretending his habits were harmless.

Ely nodded, left the office, and picked up fast food on the way home. “I will start Monday,” he said. He had been saying Monday for three years.

I loved him too much to let him lie to himself again. So I asked him the five questions I use whenever a decision matters.

Foundation. Is it true? Monday was not a plan. It was an excuse.
Strength. Is it brave? The burger was easy. Putting it down was the real struggle.
Heart. Is it kind? His body had carried him for fifty-four years. Was he caring for it?
Creativity. Is it life-giving? He could remember feeling entertained and full, but not alive.
Transcendent. Who am I becoming? Would this choice allow him to be present for the people he loved?

That night, Ely threw away the bag and walked around the block for fifteen minutes. Then he did it again the next day.

Two years later, he chased his granddaughter around the yard until they both collapsed laughing.

Read more in The Life You Choose.

YOUR CHOICE JOURNEY

Foundation

Truth is where every honest life begins.

Look beneath the surface

Do not search for the impressive answer. Search for the true one.

What truth have I been avoiding?

Where in my life am I not fully aligned with my values?

What part of myself have I abandoned?

Strength and Heart

Courage without kindness becomes hardness. Kindness without courage becomes avoidance.

Strength

Notice what fear has been deciding for you.

What decision have I delayed because of fear?

What courageous choice have I been postponing?

Heart

Consider what freedom might require from you.

Where can I choose kindness instead of judgment?

Who am I ready to forgive, perhaps even myself?

Creativity and Transcendent

A meaningful life is created choice by choice.

Creativity

You create more than things. You create a way of living.

What part of my life am I ready to create rather than merely accept?

If fear were no longer in charge, what would I dare to begin?

Transcendent

Look beyond achievement toward meaning.

What kind of person do I want to become?

What possibility have I stopped believing in?

A CONVERSATION WITH YOURSELF

What Did You See?

There are no right or wrong answers. There are only honest ones.

I realized...

The person I am choosing to become is...

One truth I no longer want to avoid is...

Tomorrow I will begin by...

PRACTICE

The 24-Hour Awareness Challenge

For one day, become a witness to your own life.

Notice every time you:

BLAME

COMPLAIN

JUDGE

AVOID

PRETEND

REACT AUTOMATICALLY

Do not change it. Do not defend it.
Do not judge yourself.
Simply notice.

Awareness comes before transformation.



THIS IS ONLY THE BEGINNING

Continue the Journey

Continue the journey with The Life You Choose.

The book, the practice, and a movement
for more conscious living.

THELIFEYOUCHOOSE.ORG

See Clearly. Choose Wisely.

Pause. Choose. Live.

With love,

Amira Mor

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