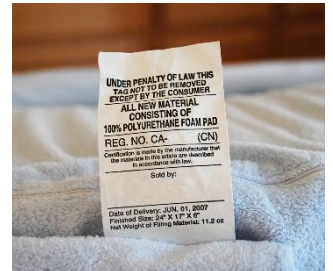


Beware the Tag Police

"Under penalty of law this tag not to be removed except by the consumer."

Have you ever dared to remove the tag on a pillow or any product that you bought? I know you are chuckling to yourself thinking about it. On some level you believe that the tag has to stay on the pillow or product forever! Because, what would happen if you actually went against the instruction?



How many times, too, have you wanted to do or say something but felt that the "conscience police" would show up or because your family has never done or tried this, it might break with tradition and then what would be the repercussions?

So, are you following the path that is best for you or are you doing what is expected? Is your movement forward going smoothly or is the road a little bumpy?

The following 10 questions are good ones to ask yourself and they will allow you to feel more empowered:

1. Will there be any negative repercussions from following this advice, guidance, information?
2. Is this something that I should participate in?
3. Am I asking myself the right question? Do I need to ask anything else?
4. Am I making the best choice for my life purpose and direction?
5. Is this reasonable and in alignment with my morals and values?
6. Is there an easier way of doing this?
7. Do I need a second opinion or advice?
8. Is this something that I could let go of?
9. Is this best for me to be involved with?
10. Am I staying true to myself?

Some of those are tough, but necessary questions to ask. There is no "Tag Police" that will be monitoring your answers to the above questions.

If you feel that you need more support to find answers to these or other questions, consider a book that has been around since the 1980's, called, **A Whack on the Side of the Head - How You Can Be More Creative** by Roger von Oech. The book comes with a set of cards and these cards were used in many business settings to encourage brainstorming. Some examples of a few cards: "What would Walt Disney Do?", *Flex Your Risk Muscles*, *Change Questions*, *Break*

the Rules, Reverse Your Viewpoint and so many more. Consider getting together with a trusted friend or family member and pick a card for discussion. The ideas force you out of your logical, left brain and allow access to your right brain hemisphere that is able to see the big or whole picture and assist you in seeing options, alternatives and new perspectives.

Rip that tag off of your pillow, ask yourself which path is right for you, give yourself permission to step into your power and write the next chapter of your life. You can do it!

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