

# *Choose Life*

Daily Lift #165  
Rabbi Zelig Pliskin

*Conversations With Yourself*, pp 76-77  
<http://www.aish.com/sp/dl/46119872.html>

*I have set before you life and death, the blessing and the curse.  
Choose life, then...* (Deut. 30:19).

**A**t every given moment in your life “The Almighty is telling you, “Choose life!””

Imagine how you will enhance your life when you respond, “Yes! I will make a life-enhancing choice right now.” Have frequent self-conversations about your decision to “choose life!”

Each moment you make three choices. You choose your thoughts for the moment. You choose the words you say or don’t say. You choose the actions you will or won’t take.

Choose wisely. It would be wise to ask yourself frequently, “What is a wise thing to think now?” “What is a wise thing to say now?” and, “What is a wise thing to do now?”

The more frequently you purposely ask yourself, “What is a life-enhancing choice now?” the more frequently your mind will spontaneously come up with this question.

The more you think about making life-enhancing choices, the easier it will be for you to think of wiser answers to this question.

Sometimes, a life-enhancing choice is quite obvious. All we need to do is ask ourselves this question and we will know the answer. At other times we might not be so sure. But at least we will be going in the right direction.