

SUZY JACOBS

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**7 SIGNS  
YOUR LIFE  
MAY BE  
OFF TRACK**



## **Are you on the right track and if so, where are you going?**

There is no right or wrong way to do life.

There are simply choices to make.

And obstacles to overcome

**Here's my truth ...**

**I don't care what you choose**

I care deeply that you are free to choose

That you're equipped to find your answers.

To this question

and the ones yet to come.

And to know with absolute certainty

when you have found the right answer for you.

## **Are you on the right track and if so, where are you going?**

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The Choice Paradox - aligning your inner and outer world to get you back on track. One choice at a time. Start here ...

## Observe Your External World

Read the following scenario with a 'light touch' and simply notice your thoughts, feelings and reactions. Resist trying to fix, change or find a solution.

<p><b>CHOICE</b></p> <p>Life is the sum total of every choice you make along the way [Aristotle]</p>	<p><b>JUDGEMENT</b></p> <p>Your judgement leaves no space for curiosity</p>	<p><b>OBSTACLES</b></p> <p>Are to be found in the distance between intent and action</p>	<p><b>TRUTH</b></p> <p>There is only what is true for you.</p>	<p><b>ONLY YOU KNOW</b></p> <p>Learn to listen and trust yourself to know the right answer for you.</p>
<p>Right now, at this very moment, you're making choices that will affect your ability to reach your goals.</p> <p>Some of these choices are major, like where to live or which career move to make.</p> <p>Others are minor, like choosing to have an early night versus staying up late to work on your passion project.</p> <p>Most of them you don't even notice.</p>	<p>The more successful you are, the greater the expectation that you get it 'right'.</p> <p>Yes, you have more opportunities and more choices.</p> <p>Life is tight, demands are high, it feels like there's less room for error.</p> <p>You want to be the best ....</p> <ul style="list-style-type: none"> <li>● Employee/Boss</li> <li>● Parent</li> <li>● Lover</li> <li>● Citizen</li> </ul> <p>You occasionally question your motives but you don't have time to think it through ... until one day you do.</p>	<p>You've lost your drive, your shimmy, your purpose.</p> <p>It's harder to smile, to feel enthused about what's ahead.</p> <p>You've made money but lost your passion.</p> <p>You're good at what you do but you feel empty inside.</p> <p>Life is so hectic you feel like a stranger in your own home.</p> <p>You were doing this for the kids and now they've gone.</p>	<p>You've worked hard, done what was expected of you, gone further than you may have imagined.</p> <p>You keep yourself busy because it's uncomfortable to ponder the question at the back of your mind:</p> <p>Is this it?</p> <p>You look to the people around you and can't hear them complaining.</p> <p>Is it possible it's just you?</p>	<p>You have one short, sweet life. When done well, your life experience is a glorious representation of your conscious choices.</p> <p>It's time to think.</p> <p>Stop asking others to find answers which only you can possibly find.</p> <p>Get curious. Get to know the you that is here today.</p> <p>This you who has dreams, goals and desires.</p> <p>This you, who, when given the tools can always find your own right answer.</p>

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Write down your thoughts

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Now write down your feelings

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Do your thoughts and feelings indicate you're on the right track?

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What are they telling you?

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Is there a discrepancy between what you say you want and what you do?

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## NOW, LISTEN TO YOUR INNER WORLD

Your inner world will let you know when you're off track. Listening in to your thoughts, feelings and desires may be a new experience for you. Again, tread lightly. Simply notice your thoughts, feelings and reactions without trying to fix, change or solve them.

### What is true for you?

	You're harsh on yourself: you rarely acknowledge all the great stuff you do and have this nagging drive to prove you're good enough.
	You're without a hobby or interest outside your business or career – you have no time to soothe your soul and bring lightness and joy to life.
	You battle yourself - you put other people first but then feel resentful and then guilty about feeling resentful.
	You smile, but only when there's something worth smiling about.
	You wake in the night with worries, concerns and questions. Is this all there is? Will I 'make it'? Will this make me happy?
	You don't invest in yourself. This is different to buying stuff. This is about acknowledging that you are worth investing in. But you're too busy for that.
	Your life is full of outcome-driven – not experience-driven – goals and dreams. When you 'succeed', then you'll be happy, calm and carefree and then you'll be the person you've always dreamed you could be.

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Now you've listened to your inner world and observed your outer world.

What have you learned and what are the next steps?

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How will you know when you're on track?

- You have an exquisite sense of peace and joy.
- You feel totally aligned and congruent with your Values, Intention and Purpose.
- Your inner world is a match with your outer world.
- You are noticeably calm, present, conscious and confident.

**Want to get your life back on track?**

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**Take the next step.**

**Attend your first online  
Masterclass Free when you  
sign up today.**

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## **Hi, I'm Suzy Jacobs**

I've been in business for 30 years and coaching high-performers to achieve their goals for over 20 years.

Five years ago, I distilled all my knowledge and experience into an education syllabus. It is the Science of Choice, a methodology now employed by leaders across the globe to solve complex ethical, personal and professional dilemmas.

Wide-ranging in backgrounds, locations and industries my clients are using this methodology to remove obstacles, reduce friction points and find clarity.

Their stories tell of a brighter future for them and the people they lead. My personal favourites come from those using it to parent differently; empowering their children to trust themselves to create a life they love.

In a world that offers so many options its not always easy to know which is the best choice.

I can teach you a process that equips you to always know your right move. Learn to apply this process anytime you need clarity and certainty that your next choice is the right choice.