What You Don't Change, You Choose: Taking Responsibility for Your Life

There's a simple, powerful truth in the phrase, *"What you're not changing, you're choosing."* It's a reminder that inaction is still a decision, and when you allow things to stay the same, even when they're hurting you, you're essentially saying, "I'm okay with this." That might be hard to hear, but it's also empowering because it means you have the ability to make a different choice.

Take relationships, for example. Staying in a toxic relationship, whether it's with a partner, a friend, or even a family member, can feel like the easier option. You tell yourself things might get better. You convince yourself it's *not that bad*. Maybe you're afraid of being alone, or maybe you think you don't deserve better. But the truth is, every day you stay, you're choosing to accept the pain, disrespect, or negativity that comes with it. You're giving up chance after chance to create space for healthier, more fulfilling connections. Change is scary, but it's necessary if you want something better. The question is: Are you willing to choose yourself over your comfort zone or fears?

This idea applies to your career, too. Success rarely comes knocking on your door while you're binge-watching TV or scrolling through social media. You can dream of a better job, a more stable income, knocking out the professional bucket-list items, or a passion-filled career, but if you're not putting in the effort, if you're not learning the skills, taking risks, or putting yourself out there, you're choosing to stay stuck. It's easy to blame fear or a lack of knowledge, but you can overcome those barriers if you're willing to take the first step. The truth is, no one is going to hand you the life you want. As Mel Robbins says "No one is coming

to save you.” You have to work for it; even when it’s hard, even when you don’t feel like it, or worse, it scares you.

Then there are the opportunities you miss simply because you don’t take them. Maybe you’re afraid of failing. Maybe you’re afraid of succeeding and what that might mean for your life. So you stay in the same place, making excuses, waiting for the “right time.” But the opportunities you let pass by don’t come back. The client you didn’t go after, the job you didn’t apply for, the business you didn’t start, all the moves you didn’t make, represent doors *you chose* not to walk through. And in doing so, *you chose* to stay exactly where you are.

The lesson here is simple but not always easy to swallow: If you want your life to change, you must choose to change it. No one else is responsible for your happiness, success, or growth. You can’t blame your partner, your boss, or your circumstances if you’re unwilling to work to create something better. Yes, change is hard. Yes, it’s uncomfortable. But the alternative is staying stuck, and that’s a choice you don’t have to keep making. As Mae West said, “You only live once, but if you live it right, once is enough.” So make space in your head and life choices to make it count.

Ask yourself: What are you choosing today? And is it the life you really want?

Here’s the clip: ▶️What You’re NOT Changing, You’re CHOOSING! 💡✨