

Conversation 10: The Power of Small Choices

Why Lasting Change Is Built One Decision At A Time

Small choices add up but I think we've completely misunderstood their power. A small choice doesn't only change your future; it changes the *evidence* you have about yourself - and evidence, as you know, changes everything.

Imagine someone who says, **I don't think I can set boundaries.** One afternoon they make **a small choice** and they set one. What have they gained? Not just a boundary. **They've gained evidence that they can set them.**

Imagine someone who says, **I'm not brave enough to say that.** Then one day they make **a small choice** to tell the truth instead of keeping the peace. What have they gained? Not just an honest conversation but **evidence** that they are, in fact, brave enough to speak up.

Someone says, **I never finish anything.** Then they make **a small choice** to keep one promise to themselves, and finish what they started. They not only have a result, but they have **evidence** that they can keep their promise to themselves - *and* tie up a loose end.

But this is where many healing journeys go off track. People spend years repeating affirmations, waiting to feel more confident, hoping that one day they'll believe in themselves. Believe it or not, the brain is remarkably unimpressed by words, but it loves evidence. Evidence beats affirmations every single time which is why change can be so hard to achieve.

Your brain has been collecting evidence for years:

- ♥ Evidence that your needs didn't matter.
- ♥ Evidence that staying quiet kept you safe.
- ♥ Evidence that pleasing other people avoids conflict.
- ♥ Evidence that you should ignore your intuition.

Those beliefs felt true - you have a lifetime of evidence supporting them. Now think about what you've been doing throughout Part Two of the Summer School:

- ♥ You interrupted a pattern - that's evidence that you can do something different, you can step outside your comfort zone.
- ♥ You kept a promise - that's evidence that you're voting for yourself.
- ♥ You paused before reacting - that's evidence that you can emotionally regulate yourself.
- ♥ You returned after a setback - that's evidence of self-respect and determination.

Every single one of those choices challenged the old evidence your brain has gathered about you.

For years, your past has been presenting its evidence:

Exhibit A - You always give up.

Exhibit B - You never speak up.

Exhibit C - You always abandon yourself.

No wonder the verdict felt inevitable. But now, you're bringing new evidence.

Exhibit A - I put my needs first and said no.

Exhibit B - I rested when I needed to.

Exhibit C - I trusted myself.

Exhibit D - Despite the past, I believed I could begin again and I did.

The case against you has begun to fall apart - not because someone told you to think positively or tell yourself 'I am beautiful' - **but because the new evidence no longer supports the old story.**

As I've said many times, healing is not about changing who you are; it's about **changing the evidence** of who you are. Every small decision asks your brain one question: what kind of person am I becoming? And your brain answers: **the one we've got evidence about.**

We can tell ourselves this is who I am, or this is who I want to be, but where does the evidence support your claims? Where can we evidence that you're loving, peaceful, kind, dynamic, patient, logical, self-directing? Would it be easier to list examples of where you're fearful rather than where you're determined?

That is why small choices are never really that small.

- ♥ Every boundary is evidence.
- ♥ Every honest conversation is evidence.
- ♥ Every act of self-respect is evidence.
- ♥ Every time you choose yourself instead of abandoning yourself you add more evidence to the case that you're building for your future.

One day soon your old beliefs about yourself will no longer sound convincing - not because you've silenced them but because you've outgrown the evidence that once supported them.

That is the power of small choices - not that they build a different future, but that they build different evidence about who you are - and eventually the evidence is undeniable.

It's also worth thinking about the things that have been said about you or to you that felt especially harsh, unkind, or accusatory. Where's the evidence that you're the things people have said about you? Think about that. How great will it be when you can ask for evidence to support someone's claim that you're guilty of being what they're accusing you of? Let **'where's your evidence?'** be your comeback from now on.

When you separate other people's opinions and projections from the factual evidence you have about yourself, you'll be amazed at how unburdened you become.

Where's the evidence? If there is evidence proving you're someone you don't want to be, make a small choice to gather new evidence that supports the person you're becoming.