



# ONE CHOICE CAN CHANGE A LIFE™

NEWSLETTER  
MAY 2009

## AUTHORS' NOTE



It has proven difficult to let go of many of my judgements, maybe even more than I expected it would be. As always, once I've asked for help making a change I am provided many, many opportunities to test my commitment to the process! This month's article shares a small bit of my struggle to learn to let go of my judgement of others, especially those I am coaching, and instead focus on the action, behavior or task that needs improvement.

Don't forget to order a copy of my newest book, *The Power of Choice: Creating the Life You Want*. Thank you for your continued support.

Until next month.....Lin

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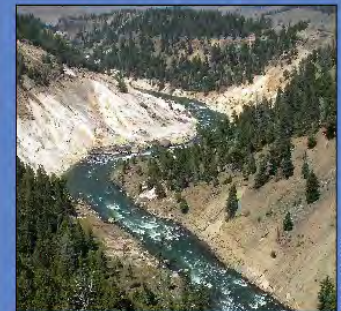
## New Book Release: *The Blessing Book* by Rev. Amos L. Lewis

Author Rev. Amos L. Lewis offers us a unique perspective on God's ability to bless in his new book, *The Blessing Book*. Included are explanations of what it means to be blessed, examples of blessings, quotes about being blessed, daily devotionals that are all about blessings, and a scriptural directory for blessings. This book is a treasure map to the gold mine of God's blessings. As you read this book, you will see the nature of God leap from the pages. You will get a bigger view of God like never before. As you read this book you will see beyond a shadow of doubt that God wants to bless you, and then make you a blessing to others (Gen. 12:1-3). After you get through reading about the blessings of the Lord, you will never feel guilty again about being blessed. It's not a sin to be blessed, but it is a sin to be selfish and stingy with our blessings. In fact, you can't be a blessing to others until you get your blessing from God first. You cannot give what you do not have.

To order, visit [www.onechoicecanchangealife.com](http://www.onechoicecanchangealife.com) or send \$16.13 (this price **includes** shipping/handling -- Arizona residents please add \$0.73 tax) to Amethyst Moon Publishing, P.O. Box 87885, Tucson, AZ 85754. If you are local & would like to save the shipping/handling fee, please contact me at [amlifecoach@aol.com](mailto:amlifecoach@aol.com).

## *The Blessing Book* Daily Devotional

365 Days of Blessings  
Genesis - Revelation



Rev. Amos L. Lewis  
The Master of Simplicity



## Letting Go of Judgements

We make judgements for several reasons. Often we appraise what we experience in order to compare it to our beliefs. We do this to figure out where our experience fits in and to either strengthen our belief or to challenge it. Our judgements help us to understand how the behaviors and actions we encounter are received by our peers in order to decide whether or not we will repeat the actions in the future. Sometimes our judgements are used to help us to feel good about ourselves or even superior, like when we engage in gossip. More positively, judgements are also made to ascertain what we want to strive to achieve, and we may use judgement to help us decide if we want to experience something. Because there are positive reasons for making judgements, it does not make sense to think we can or should completely dismiss them from our lives.

JUDGEMENTS HELP US  
TO DETERMINE OUR  
FUTURE ACTIONS

Those in a position to influence others -- parents, teachers, bosses -- may use judgement as a form of feedback on how well they have taught or influenced someone. For example, a parent judges their child's behavior as a way to determine if they have taught them correctly, and a teacher uses their assessment of a student's progress to rate their instruction. Those who are in a position to influence others have to be especially cautious to judge the task, behavior or experience and not the person they are influencing.

As mentioned in last month's article, *The Basis of Judgement*, many of our judging actions are learned at an early age and continue to happen almost instinctively. Only once we are made or become aware of our behavior can we then make a choice to change it. Whether positive or negative, necessary or unnecessary, making judgements means it is all about us. To give up making unnecessary, unhealthy or negative judgements of others is difficult. It takes effort and a conscious choice to do so, especially when we have become comfortable in making judgements and possibly even addicted to the behaviors they drive. For me this has meant staying present and conscious of my thoughts and behaviors. When I find myself in the middle of making a judgement, I try hard to remember to assess whether I'm judging the person or the behavior. It takes effort to keep in mind my commitment to give up unneeded judgements, as well as a conscious choice to stop judging the person. If a judgement is necessary, strive to make it about an action, behavior or experience and not about an individual.

STRIVE TO JUDGE  
ACTIONS & BEHAVIORS,  
NOT INDIVIDUALS



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