

Date: \_\_\_\_\_ Location of writing: \_\_\_\_\_

## Epigenetics and *Timshel*: Thou Mayest

### 1. ***If you could reverse one choice in your life, what would it be?***

Please, do not dwell on your answer by expending emotions that you have already spent on this particular choice. This journal entry is about choosing to make a change, not choosing to stay stuck. Write the first thing that pops into your mind.

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Maybe it was declining a trip to Italy to take those fabulous art classes. Or maybe it was hitching your wagon to the wrong gravy train. Or maybe it was not spending more time learning how to play the trumpet. Or maybe it was not taking the time to floss your teeth every night. I don't know. I believe that everyone has at least one change that he or she can imagine a different scenario for.

Again, this is not a time for nursing regrets. It is a time to look at how you can epigenetically re-write your DNA. I did say to keep it simple, didn't I? ☺ Still, the second I thought of epigenetics and DNA and RNA and proteins and . . . my answer feels like it isn't important enough to benefit from the science of epigenetics.

Well, it is. You thought of it first for a reason. Go with it and see where life leads you.

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**2. *What would you do if you could simply reverse that choice? How would it be different? How fun is this!***

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**3. *What would you do? What would it involve?***

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**4. *And does it involve a collaborative effort with someone else? If so, with whom?***

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**5. Are you willing to make the choice to guide a change? If yes, what action most resonates – with how you are feeling today – to re-write your genetics?**

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There are so many wonderful and uplifting quotes out there. This one certainly grabbed my attention while I was thinking about all of this wonderful and fun change:

**“Don’t cling to your mistake just because you spent a lot of time making it.”**

Amen. And another amen. There is **nothing more empowering** than realizing that you can turn things around – in spite of having invested what feels to have been an inordinate amount of time.

Maybe it feels very difficult, or even impossible, to make a change right now, but always know that Baby Steps are vital when engaging in any momentum.

Trust yourself. Trust the process.

Who knows what wonderful events might occur as a result of taking a few Baby Steps.

You might fall and stumble but the great thing about Baby Steps?

It’s all practice for when it comes time to start running.

Life is a lively event. Honor it with taking a

Chance on a new Choice that involves the power of Risk.

**We grow when we choose.**