

(23) The Third Choice

Points of Reflection

Video #23: [View/download the video lesson](#)

- ☐ When you feel defeated, note what specific words or phrases come to mind.

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- ☐ Did you ever feel like you had to make a specific significant decision? Explain.

☐ Identify the pressures, people, or forces around you that influence your decisions.

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- Pick out a few and explain how they influence you.
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☐ Describe the bounce pattern above.

- Why does it happen?

☐ **Date Lesson #23 completed** _____