

### The Tree and the Toilet Bowl, or Follow the Choices

Every choice we make sends waves through all areas of our life. Good choices grow long-term fruits (studying = good grades = college = well-paid career). Bad choices make messes later on. Strangely, in the moment, good choices can feel bad and bad choices feel good (skipping school can feel good in the moment, but not when you get kicked out of school). Take the time to follow the ramifications of one good choice and one bad choice you have made in the past, and how those choices played out in your life. Explore the immediate consequences and the long-term consequences of both choices.

The Fruits of my choice:

Immediate Consequences (both good and bad:

A Good Choice I made:

A Bad Choice I made:

Immediate Consequences (both good and bad:

The Long-Term Mess I had to clean up:

The Tree and the Toilet Bowl Contemplation Questions.

1. Our choices are bigger than just us. The choice to take care of yourself not only means you'll live longer. It also means fewer burdens on the medical system and more taxes for the government (because you work longer), so you're choice to take care of yourself makes the entire world better. Step outside yourself and consider the good choice you've made. Think of five ways this good choice not only helps you but helps your family, your community, and the world.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

2. Now do the same with your bad choice. Think of five ways this poor choice not only hurt you but also your family, your community, and the world.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

3. It's easy to see, after the fact, how much trouble a bad choice will cause. How can we look out for bad choices before they affect our lives?