

*God gave us ourselves—our essential character—but we CHOOSE what we give or won't give, live or don't live. Everything we find inside, we give it a thumbs up or thumbs down, go or no go.*

### Go or No Go

We can't *really* change who we are, but we can allow or disallow any of our God-given characteristics. And we do—one by one. Our knowing—embrace or dismiss? Our unique, God-given selfhood—love it or leave it? Our beautiful, overflowing feelings—express or suppress, give or withhold? That's your mighty GO/NO GO power at work:

Your own nature is LOVING, yet you can choose to withhold the love you feel. You may feel moved to give someone a hug, but not do it. Though you have a generous and loving nature, you can decide to be stingy and cold instead. **GONOGO!**

Our CONSCIENCE is always speaking, but will we listen? Or will we go into denial and pretend we don't care? **GONOGO!**

We're all SENSITIVE, tuned in, connected. But—**GONOGO**—we can be too self-focused to be aware of people around us.

What if a person thinks they're "too flexible," "too surrendered," "too caring," "too emotional"—or "too sexual"? They might build a facade that conceals, denies, and defies their true nature. They may decide to be less trusting, meaner, self-protective. But later in life, they may feel, "I used to be so much nicer. I don't like who I've become." Their heart objects to what they've done with their mighty *go/no go* power.

### Other means of Self-Shaping

**Influences.** We shape ourselves partly by our choice of influences: who to hang out with, who to take to heart, who to let in. When you spend time with someone, they become part of who you are.

**Thought.** Surely you've seen it: what we think/believe changes how we feel, the color of our being, and our energy level. We *choose* what thoughts to steep in, creep around in, or reject altogether. **GONOGO!**

### How commitment over time shapes our character

It's our *commitment* to our choices that makes them powerful. An athlete sculpts their body not with a one-time choice, but by exercising *over time*. Likewise, we sculpt our being with our ongoing commitments. If a person chooses over and over to think anxiously about things, what do they become? An anxious person. Many **GONOGO** choices created that.

We're always in our formative years, being formed by our own decisions. So, when you see a beautiful person, you're seeing not only God's masterwork, but also a person who's sculpted themselves by free will **GONOGO** choices. Makes you think, "Wow, what a great person, who would take God's gifts and develop in this direction, into something so exquisite, charming, wonderful!"

God made you beautiful, and gave you great tools to *do* good and *be* good, but you have to vote for it, not against it. Give it a **GO!**

