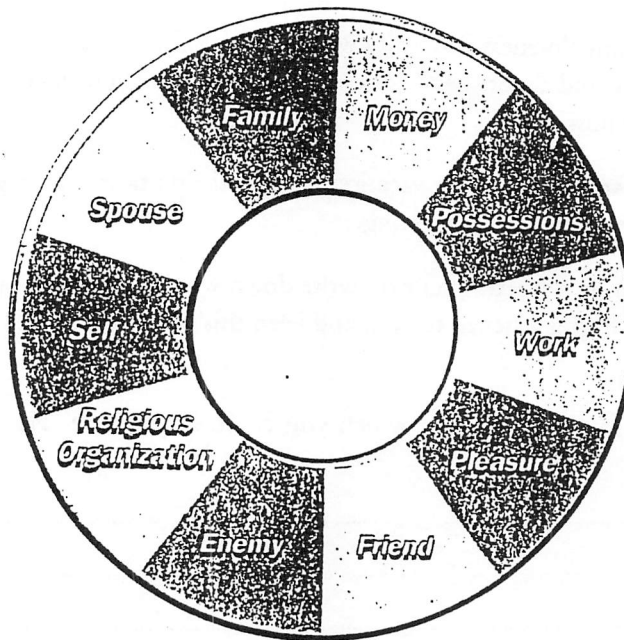


## CHOOSING A LIFE CENTER

### ALTERNATIVE CENTERS

A "center" is what guides our decisions and motivates us to act. Whether consciously or unknowingly, our center drives the choices we make.



### PRINCIPLE-CENTERED

Someone who is principle-centered bases decisions on principles that govern human effectiveness. Principles are the ideal core because they allow us to seek the best alternative through conscious choice, knowledge, and values. Principle-centered people try to:

1. Stand apart from the emotion of a situation and from other factors that would act on them.
2. Make proactive choices after evaluating options.