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- The Power of Choice
 - Sometimes we forget that we are the ones who get to choose who we are, who we become, and what we do.
 - Every choice you make has consequences and adds up to become the totality of who you are.
 - Only you can choose:
 - How far you want to go in life
 - How you want to accomplish your life goals
 - How you want to impact society
 - What value system will guide your journey
- To Thyself Be True [05:23]
 - What do you see in the mirror?
 - At the center of each one of us there is a core.
 - The center of who you are never changes.
 - The core should not be destroyed by the addition of new roles like wife, mother, husband, or father.
 - We all have a responsibility when making choices to protect the substance of who we are.
- Reflective Exercise [09:10]
 - Where are you right now?
 - Who do you think you are?
 - Where do you think you are going?
 - How do you picture your life at 70? 80? 90?
 - If you have a picture of how you want to finish, you can do a gap analysis between where you are and where you want to be.
 - Too many people are just part of the crowd.
 - You have a chance to reset your life according to your own plan.
 - Sometimes you pay a price to reset the agenda for your life.
- How You Choose [16:13]
 - Your choice is driven by your values, goals, and your ambition.
 - Every time you make a choice, there are consequences.
 - When you get to a crossroad, what is your litmus test?
 - Do you consider common good or personal good?
 - Common good always turns out to be personal good.
 - We need to be bigger than self if we want to be true leaders.
- Faith as a Backbone for Our Value System [19:44]
 - This is captured in Mahatma Gandhi's seven social sins:

- Wealth without work
 - Pleasure without conscience
 - Knowledge without character
 - Commerce without morality
 - Science without humanity
 - Religion without sacrifice
 - Politics without principle
- An eighth sin is rights without responsibility.
- A Better World [27:09]
 - We cannot live in isolation in a world that is totally linked together.
 - Too much plus too little is equal to enough.