

CONSTRUCTIVE CHOICES

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Issue #01-2, June 2001

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1. A CHOICE QUOTE

"Difficulty at the beginning works supreme success."

- from Chinese book of ancient wisdom - "I Ching (Book of Changes)"

2. CHOOSING CONSTRUCTIVELY

Seems like a good time to be reminded of how to choose as we are completing the first half of 2001. We are all probably at a point where we are looking at choices that might impact the second half of this year. Here are a few tips to remember when ready to explore your choices.

1. There is always more than one choice - actually, you have at least 5...always...
2. All choices are not good, bad, right or wrong...they are just choices to consider.
3. Create your choice...your have the answer - feel it more than think about it.
4. Make it your choice alone...not dependent on someone else or something else happening.
5. Celebrate the choice...make a commitment to take some small action to build on your choice!

3. CHOOSING To... Relax

Move to a quiet space...sit comfortably...breathe in....sigh out....smile....feel the sun's warmth....hear the breeze...celebrate your health...smile once more....

4. READING CHOICES

Lighter side - I am reading the Harry Potter books by J.K.Rowling. Great reminders to us adults about the value of friends, support systems, new discoveries and the thrill of what each new day brings!

Business side - Two choices here and I am just getting into them.

Hardball for Women by Pat Heim, Ph.D. - a chance to fine tune your interactions at work to successfully win at the game of business.

The Anatomy of Buzz by Emanuel Rosen (client suggestion) - a book filled with choices on how to create word of mouth marketing.

5. JEAN'S LATEST CHOICES

You will have noticed a different format to my newsletter. It was time for a change and a refocus on "why a newsletter at all?" I would appreciate any feedback you wish to pass along on the value you receive from the CONSTRUCTIVE CHOICES Newsletter.

I have discovered - I would only want to do a newsletter if I could share some insights, tools for working with choice and let you all know what is going on with the business. I hope you enjoy the move to a lighter and shorter format -no more than 2 printed pages.

For me, it is all about choice - in this case, the choice of a new opportunity to reach more folks.

My spring and summer choices have included - skipping the March/April newsletter, completing Booklet #2 instead, Germany vacation, becoming a new adjunct faculty member to SIU (ABQ office), preparing to teach a UNM Continuing, Ed. Coaching in the Workplace Certificate program to begin in the fall, drink more water, and breathe more deeply.

WILL YOU HELP?

I would be so excited to have my newsletter reach 500 additional folks in the next month. Would you choose to forward this e-zine on to five people you know who might be interested reading the content. Remind them of the subscribe information at the end. Thank YOU!

The CONSTRUCTIVE CHOICES AUDIENCE:

- *Professionals wanting to be at choice in their career and daily work,
- *Entrepreneurs wanting their creative choices to also be constructive,
- *Small business owners balancing the personal and professional choices of their dream
- *Organizational managers choosing new directions in the face of change and transition,
- *Students looking forward to a lifetime of choices,
- *Individuals wanting to sort through the choices to build a more fulfilling life, and
- *Coaches who choose to reach out and support the choices of others.

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