

CONSTRUCTIVE CHOICES
P.O.Box 865 Tijeras,NM 87059-0865
Phone/Fax:505-286-4079
Toll-Free:1-877-319-2901...4079
Email:jean@constructivechoices.com

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1. QUOTES – Simple Pleasures

"I cannot live without books." – Thomas Jefferson.
"Year by year the complexities of this spinning world grow more bewildering and so each year we need all the more to seek peace and comfort in the joyful simplicities." Women's Home Companion, December 1935

2. A Year of Simple Pleasures

I received this Christmas many wonderful gifts and am truly delighted in how they have touched my life and changed my interest to explore more and feel joy. One gift struck me by its mere title and implication - a book titled "Simple Pleasures" (Susannah Seeton, Robert Taylor and David Greer). The sub-title is "Soothing Suggestions and Small Comforts for Living Well Year Round. The book is sectioned into each of the four seasons.

My gift to you all is a share of one item from each of those seasons starting with our current season of winter. The 5th item is my wish for a renewed connection and a blessing that it adds a simple pleasure into your life.

1. Winter - A thing to do..."...make the house cozy in the winter is to use a lot of candles." (in all rooms to give a glow to the dark of winter and offer soothing fragrances.)
2. Spring - A thing to do..."Every time you pass a lilac bush or an iris or daffodils in flower, take the time to bury your face in the blooms. Close your eyes, breathe deeply and imagine the fragrance passing all through your body."
3. Summer - Things to do..."Next time you empty your toaster tray of crumbs, instead of throwing them in the trash, sprinkle them outside your kitchen windows, You and the birds both will be treated.
4. Fall - Things to do..."Get some sleep. Get to bed a half hour earlier than usual and, after a few weeks, add another half hour. Ease toward bedtime with quiet activities, such as reading, stretching, meditation."
5. In the new year 2002....reach out and connect with a long lost friend...they are waiting to hear from you.

3. CHOOSE ... the Simple Pleasures of Today

Ask- if there were one simple thing I could do in the next hour, it would be.....

That's it....a simple thing and you have the time to do it - do it for you and you will also find that you do it for another.

4. READING CHOICES

While my stack of books continue to grow...how about you...do you have some great books you wish to share with others? If you pass their title, author and brief description, I will be sure to include and share with all in the next issue.

Could be a dangerous request for me...I am bound to now enlarge my growing stack.

5. JEAN'S LATEST CHOICES

Choosing a year of discovery for 2002 - expansion of services, more travel, stretching my potential and strengthening the messages I wish to share with others.

Hapy New Year to all!

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,
- *Smallbusiness 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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P.O.Box 865 Tijeras, NM 87059-0865 <http://www.constructivechoices.com> (505)286-4079

Email:jean@constructivechoices.com.

Toll-Free:1-877-319-2901...4079

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