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1. QUOTES – from the Heart

“We make a living by what we get, we make a life by what we give.” – Unknown.

“STAY is a charming word in a friend's vocabulary.” Louis May Alcott

“Ask – so you don't have to guess. ...It doesn't matter so much where, when or how you ask – Just ASK!”

- Beverly Kaye and Sharon Jordan-Evans

2. The Year to Ask Accept the Help ... and Say Thank You!

If you are like me, the first resource I think of when I am trying to accomplish something is myself. It isn't because I have all that it takes to achieve my goals or daily intentions, it just always seems a bit easier to talk myself through it and just get it done. What I am learning is that when I try and do it alone, it takes longer, isn't much fun and sometimes is NOT an easy thing to do.

It isn't always that I need the physical help or support in actually achieving or accomplishing the goal or intention. More often, it is the need for another person's idea, or thought or comment to help see the choices in a different light. At the heart of it all, it isn't my hesitation to talk to another person. Talking about it is okay - it is asking the questions and, specifically, asking for another's help. Really, if I ask for help, then I just don't have the answer and of course, I really can do it and I DO have the answer, always. The truth of it is - I do have the answer, but I am so caught up in doing or thinking of it as I always have and today that doesn't seem to get me anywhere.

This time of the year I find myself talking to others often about the challenges that come with a new year. Is it going to be like last year? Am I going to just keep trying to do the same things over and over again? I could use some help, but who do I ask, when do I ask, what do I ask for and how do I ask?

Who do you ask? Try asking the person who would be last on your list. They'll be flattered and you probably don't know them as well as you think you do. If you don't know them well, do you know all the gifts they have to offer?

When do I ask? Today...in the next five minutes. There was something five minutes ago that you could have used some help ... another idea ...a new plan ...

What do I ask for? Start with the simple question running through your mind and share it with another.

How do I ask? For starters...

“I have a thought about ..., what do you think?”

“Would you mind...have the time...be able to ...?”

“If you were working with me on How would you do this differently?”

“Please, would/could you lend a hand here?”

“Yes, thanks...I have a request... would you... ?”

3. CHOOSE ... to Ask, Accept and Acknowledge

Ask five people - for five minutes, make five specific requests, or identify five new ways/places to get the support you need.

Accept five gifts from others - an opinion, an insight, a method, a plan, a smile.

Say “Thank You”, “It’s appreciated”, “That’s great, I’ll do it!” , “Thank You”, “Thank You.”

4. READING CHOICES from the Readers

“The Dark Side of the Light Chasers” by Debbie Ford.

“I’m not exaggerating when I say that this book has changed me forever. This is a rarity for me – as I cannot usually even finish a book because my attention span is so short. The prologue is written by the same guy that wrote “Conversations with God” which turned me off at first. But I’m so glad I bought it and literally finished it within two days. Don’t know if it would affect you to the same degree (sometimes things just hit us at the right time), but I highly recommend it.” – LT

“Reading in the Dark” by Seamus Deane – “... a beautifully written memoir in the guise of a novel.” - JK

“Attitude is Everything” by Keith D. Harrell – “A wonderful motivational book to spark my attitude and look at others in a new way – a good way to start off my year.” JS

5. JEAN’S LATEST CHOICES

Choosing to complete certification process to both CoachU and the International Coach Federation ... try out a postcard marketing effort ... success in strength ... continue the newsletters every other month ... create a new “Tolerations” list and this one just for my office ... not give up on the two last booklets ... saying “no” a few more times to be saying “yes” to something else ... continue teaching ... try out a new weekly work schedule.

And the really large choice... ask for help, partners, support, expertise, opinions, thoughts, and understanding in 2002 and all so I can make this next year flow smoother.

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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