

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

\*\*\*\*\*

Issue #02-2, April 2002

## TABLE OF CONTENTS

\*\*\*\*\*

1. Quotes – Choice, Friendship, Conversation
2. Connect Your Choices and Connect Your Life
3. Choose to Connect
4. Reading Choices
5. Jean's Latest Choice(s)

\*\*\*\*\*

### 1. QUOTES – Choice, Friendship, Conversation

\*\*\*\*\*

“Flip a coin... This is a secret technique of many prominent executives. Because it doesn't matter what decision you make, as long as you make one. Then you just stick to it, having confidence in your having brought about the outcome.” – Jay Carter

"Friendship is one of the most tangible things in a world which offers fewer and fewer supports." - Kenneth Branagh

“Do you know that conversation is one of the greatest pleasures in life?” – Somerset Maugham

\*\*\*\*\*

### 2. Connect Your Choices and Connect With Life

\*\*\*\*\*

In less than 48 hours, I will be headed out to complete the last leg of travel this month, and this trip for pleasure. Nine months ago, none of this month's travel was planned, but the last week has seen me travel west, then east and next, across the Atlantic. On the surface these separate events would appear unrelated and events that just happened to pile up on each other in a three-week span.

What I do know is that this schedule started with deliberate and very separate choices, and now has become a deliberate connection of events supporting my professional and personal worlds with a common thread of also being connected to friends.

While each was a separate choice, all of a sudden they began to run together with a common thread of time and space. And quite possibly, the more agonizing (yes, making the choice is not always an easy thing to do) piece of choosing was the determination that I could do it all in such a short time. Actually, it is a bit energizing to think of their connections and the list below is just a glimpse:

- Two presentations speaking to coaching and connecting others to a deeper connection of the profession.
- Volunteering at the ISPI conference in Dallas to connect with friends I see just once a year and refresh to key learning and professional strengths.
- Travel to Europe has even a stronger personal connection than all the others. I return to the continent of my birth in the year I turn the calendar to the 50<sup>th</sup> year of connecting with life. It is a celebration.

Yes, nine months ago, this plan just wasn't in place. The reality of these connections is a picture of “my life” for the next month. The connecting links are family, friends and a desire to develop and enrich my personal and professional strengths.

Look at your choices over the last nine months (July 2001 through March 2002), and consider their recent outcomes? Then, look at your activities this last month. Were there choices you made 9 months ago that

connect with where you are today? If you can find just one, you have begun to establish a connection among your choices. It can be the start to connecting with your life.

\*\*\*\*\*

### 3. CHOOSE ... to Connect Your Choices

\*\*\*\*\*

You do this in five steps with a simple reminder that connecting is the first and last step in the process.

1. Connect to the next step...choose that next decision, challenge, or opportunity you want to work with.
2. Create your 5 choices...those choices that you know are connected to who you really are.
3. Choose... the one choice you choose becomes that connecting choice. It is the one that comes with an energy that your whole body feels.
4. Commit...time to follow through and activate the choice by putting taking the first action to put all into motion.
5. Connect to the success... and then back to the next step (see #1) because this success has its connection to the next decision, challenge, or opportunity.

\*\*\*\*\*

### 4. READING CHOICES

\*\*\*\*\*

“The Portable Coach” by Thomas Leonard. A good review of some basic coaching principles.  
“A is for Alibi” through “I is for Innocent” by Sue Grafton. Suggested for great mystery reading and they are!

\*\*\*\*\*

### 5. JEAN'S LATEST CHOICES

\*\*\*\*\*

Stretching professional growth ... one new connection every day ... explaining the connection of choice ... celebrating the connections of recent choices to annual celebrations...reestablishing the personal connections of family and friends ...choosing to celebrate the memories of all life's connections.

\*\*\*\*\*

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.

\*\*\*\*\*

### COPYRIGHTAND SUBSCRIBE/UNSUBSCRIBE INFORMATION

\*\*\*\*\*

Copyright 2002, All rights Reserved Constructive Choices, Inc.  
P.O. Box 865 Tijeras, NM 87059-0865 <http://www.constructivechoices.com> (505) 286-4079  
Email: [jean@constructivechoices.com](mailto:jean@constructivechoices.com).  
Toll-Free: 1-877-319-2901...4079

This newsletter is currently distributed every two months (or at least 6 times a year). Feel free to distribute this newsletter in its entirety. Please, include copyright and subscription information. You may have received this newsletter from a very thoughtful friend. To subscribe/unsubscribe to the Constructive Choices, Inc. Newsletter, please, send an email to [jean@constructivechoices.com](mailto:jean@constructivechoices.com) with your request of choice!