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1. QUOTES – Moving Onward ...

“If you can't do it with feeling, don't.” - Patsy Cline

“Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps.” – David Lloyd George

“ To be true to yourself take some action – no matter how small.” - Barbara Braham

2. Summer connected to Winter ... it is Fall

It is Fall ... cooler nights, crisp mornings and the hint of color in the trees. Today, here in the mountains in NM though, it truly does feel like fall. We are having a few of those gray, cloudy skies that hang in the pines and a few more days interspersed with rain. This is my favorite time of year. There is something about this time of year that encourages me to “Be Ready.” So, I am.

I am not completely sure what I am getting ready for, but the signs of movement are all around me. It is the connections of the seasons – summer to fall to winter - that move me and encourage me to be more aware of what is moving and what might lie ahead.

In my last newsletter, I spoke of being connected. The connections started earlier this year and they continue to show up. There have been connections from 30 years ago, even 10, and 5 years. However, I have been wondering if there is anything else I can do to be prepared ... to get ready... for whatever. Some would say that fall IS the time to prepare, time to get ready for the winter. Clean up, clean out and get ready to hole up. Summer was the recreational season. So now, it feels like it is back to work, or back to school for some.

So, to be ready, I am going to keep moving, physically moving and along the way let go of a few items. I believe I am ready for the change, the clarification that comes with this season. Much like the trees that drop their leaves; now you can see the tree really defined. The trees are clearer, sharper and they have had a year of growth. But to grow more it has to let go and give some space to movement.

And for you ... what are you moving toward? What are you letting go of and asking for clarity on? There is time to sit later and reflect (the winter's spell). For now...you can get ready and be prepared.

3. CHOOSE ... to Get Ready ... To Move

- * Do it with feeling
- * Reconnect
- * Reach forward

- * Smile, laugh, play a bit along the way
- * Take the first step ... then the next step ... and the next ... andand then there you are ... there where you were meant to be all along.

4. READING CHOICES

“Ending the Homework Hassle” by Dr. John Rosemond. Recommended by a client who says it isn’t just about the homework hassles, but really a book to help you get your children ready for life. A focus on the 3 R’s – Respect for Authority, Responsibility, and Resourcefulness.

“Yoga 28 Day Exercise Plan” by Richard Hittleman. This is a book I used back in the mid-70’s (okay I am dating myself). But it is still in print and what a great way to learn to be more flexible all over again. Streeeeetch.

“The Fitness Instinct” by Peg Jordan. “Discover your body’s seventh sense for movement and achieve the best shape of your life!” Remember I am keeping myself physically moving and getting ready to move more.

5. JEAN’S LATEST CHOICES

Keeping life full - not just busy – with a lot of variety. Continuing my connections. Cleaning out the closets, files and stacks of papers I had planned on reading. Getting ready. Discovering space for whatever is coming and I might need room for. Keeping my eyes wide open as well as the choices. Laughing with friends and more smiling during my favorite season of the year.

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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