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### 1. QUOTES

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“Now I understand ... COMMUNICATION - the Vehicle of Life. Communication is the vehicle through which my relationships are developed. I am therefore obligated to communicate with respect, tolerance and clarity thus nurturing and fostering harmony in all my relationships. Now I understand, we are all leaders, bound by duty to ensure that all who await our direction receive it with such clarity and support that ownership and accountability is voluntarily and eagerly accepted. IN THE DOING COMES ... Inspiring Action through Effective Leadership.

– taken from “Now I Understand .. Pearls of Wisdom for One’s Pathway of Mastery™, published by Roger M. Anthony of Crocodiles, not Waterlilies, Inc.

“If you think you can, you can. And if you think you can’t, you’re right. – Mary Kay Ash

“Whenever you are asked if you can do a job, tell ‘em “Certainly I can!” – and get busy and find out how to do it. – Theodore Roosevelt

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### 2. Moving from the AFFIRMATION to “AFFIRACTION”

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Many of you who know me personally know I love to create new words. They won’t be in Webster’s Dictionary any time soon, but I create and use them throughout my day and most often when coaching. I was reminded recently of a word I created a few years ago and I would like to share this new word and its definition with you as this month’s thought. The exciting part for me is how I can truly live what the new word implies. I invite you to join me ... read on and do consider the invitation at the end.

Most of us are familiar with affirmations. They are the positive statements when repeated often enough influence our beliefs. They are statements we believe - or come to believe – that are true in our lives. The word, “AFFIRACTION,” was born in the moment when a client related to me the difficulty they had with incorporating affirmations into their daily life. Affirmations, the client related, weren’t “doing” types of statements or strong enough to imply movement would occur as a result of repeating these positive affirmations. I suggested it might be the affiraction they needed - a declaration of doing, putting into motion, a simple way to move the statements of positive “being” into stronger statements of positive “action.”

AFFIRACTION defined is the stronger declaration of positive actions we are taking based on what we believe to be true.

Affiractions have taken on a more important role in these past few weeks as so much movement is happening in and around my world, for my family and friends, our community and our world. And, I believe I am now ready to move my belief for using affiractions into a larger community. My affiraction over the next 5 months (April through August) is to compile as many affiractions, as I can humanly attempt, into a booklet to share with others who also believe that the art of being comes from our small positive steps in the doing.

My invitation to you: Please, share your affirmations with me. Your affirmations may be a natural reflection of how you “do” or may be born out of your favorite affirmations. I will compile all affirmations I receive into a booklet to share with our larger connected community. You will be acknowledged for each affirmation you submit (by name or initials only, please, let me know which) and receive two complimentary copies of the final booklet as they are printed this fall. Thank you for playing!

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### 3. CHOOSE your “AFFIRACTION”

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Discover your positive statement of being ...  
insert your move to positive action ...  
begin it!

Examples:

I am open to new ideas ... (affirmation)

I create new solutions to meet the challenges in my life! (affirmation)

I can. (affirmation)

I rearrange all the “CAN NOTs” into “CAN DOs.” (affirmation)

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### 4. READING CHOICES

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“Don’t Sweat the Small Stuff, Positive Affirmations” by Richard Carlson

“Finding Flow, the Psychology of Engagement with Everyday Life” by Mihaly Csikszentmihalyi

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### 5. JEAN’S LATEST CHOICE

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Moving communication to be more relevant for me and maybe others ... creating solutions to the everyday challenges and opportunities coming my way ... time out to understand the being so that I move to creating my art of doing ...

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The Constructive Choices AUDIENCE:

\*Professionals choosing a balance in career, daily work and personal life,

\*Entrepreneurs creating choices to also be constructive,

\*Small business owners balancing the personal and professional choices of their dream

\*Managers choosing new directions in the face of change and transition,

\*Students moving forward into 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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