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1. To Ponder

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The Golden Nows  
Reverent Gratitude ...

The very essence and power of life is contained in the quietest and least obvious of all creation – the Golden Now moments of time. Their purpose is divine for they are carriers of knowledge, teachers of wisdom, and revealers of truth.

Now I understand, our true mission and purpose can only be discovered by embracing, with reverent gratitude, each Golden Now moment of time.

For the past has gone, the future yet to be, and only the present is reality.

In the doing comes.... Capitalizing on Golden Opportunities through Attention to the Now

from *Crocodiles, not Waterlilies* ... Now I Understand, by Roger M. Anthony

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2. DISCOVERY ... The Time May Be Now...

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It is about this time of the year that I begin to make some new discoveries about me. I realize that the official start to summer is just a month away and then wham...it hits....we are almost to the middle of the year – what HAVE I been doing with my time? I know I have been taking care of business and I know I have been busy...but what have I accomplished? Am I keeping in line with what I had hoped to be doing by this time in the year?

Well, yes, I believe I have been keeping up and moving along as I hoped ...how about you? This year might not have been planned as a year of discovery for you, but I am guessing you have discovered something new about YOU.

I spent some time at the start of this year thinking how I might just try and bring a little more of the simple life back into focus. Keeping life simple has become an overall theme these last few months. Of course, I gave a little time to thinking what it really meant to have more of the "simple life." There is a time in my earlier life that I would characterize as being simple. What did that look like? Well, there was work, but it was balanced and made up of reasonable hours. There was also a lot of fun thrown in throughout each day and weekend or break time. What I discovered in thinking back to that time was the realization that I need some mental "free" time along with the physical down time. What that gives me is time and space to think, the chance to feel and wonder about what's next, and then consider the most constructive way to get there. I don't always come up with the plan in the moment, sometimes I just need to process what it means to have all the choices.

When I taught school many moons ago, the downtime for me was built in with 8 weeks off in the summer. My summers were filled with reading books on my winter list, sewing clothes for the new school year, home improvement projects, furniture refinishing, etc.. I am not sure I ever let go of wanting that same block of time again to recharge and “catch up”. I don’t have that time all in one block any more, but I have discovered how to build in some regular time in my days or weeks and give that same amount of time back to me. What’s more important is the consideration on how I can do my work differently in the next couple of years to find some similar blocks of time and space. There is a lot to consider ... and at the heart of it is the joy in being able to be open and free with the discoveries that are yet to come. I am confident that in being open to the discoveries yet to come this year, I will begin to figure out what the new simple life looks like.

Is there something you want to be different for you today? Have you discovered what that something is? Have you had it before, and do you want it the same way again? What will it take for you to have this new discovery? Consider that if you are ready for the new ... it may just happen, but maybe not as you plan or expect it to. The new discoveries can only show up in the space and time you allow.

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### 3. CHOOSE “Discovering the Golden Now”

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Know what you have to be grateful for ... hold that gratitude for a moment ... then share the gratitude and let it go to others knowing it will return to you again ... speak of your wisdom and teach it to others ... be ready to discover and reveal your truth.

Speak of gratitude for your past ... dream of gratitude in the future yet to be ... and give thanks for the gifts from your present.

Discover the golden opportunity in the NOW ... pay attention to it ... hold the possibilities close ... discover what you have to be grateful for in this Golden Now.

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### 4. READING CHOICES

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On the business side, I had the opportunity to reread “*Managing Change; Making the Most out of Transitions*,” by Dr. William Bridges. A gentle reminder that if you are ready for the new, then one must end the old and concentrate on working through the transition. Such great insight!

On the lighter side, I am reading “*Your Oasis on Flame Lake*” by Lorna Landvic, author also of “*Patty Jane’s House of Curls*.” Both great reads. Loved the one-liners in the “House of Curls.” “Your Oasis” highlights a master storyteller describing the internal thinking and dialogue of many individuals moving through transition.

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### 5. JEAN’S LATEST CHOICES

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More time in the water ... my first experience with water aerobics ... what fun! Bringing one simple piece back into my life – rediscovering the joy of cross-stitching – more colors, textures, patterns and new creations. More time outdoors, walking the greens, and this week refilling the trench with fill sand. Rediscovering the sense of peace for our beloved blue heeler of 13 years death, but now free from pain ... and rediscovering a laughter from the antics of a new kitten joining the family.

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### 6. REMINDER ... The AFFIRACTION Project

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You can check the last two back issues of CCI News for the definitions of what an affiraction really is. Thank you to those who have sent in their contributions...3 more months to go till production!

The PROJECT: This month...do you have some special affiractions around the topics of “gratitidue,” “discovery,” “the opportunities,” or “keeping life simple.”

Thanks for playing!

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The Constructive Choices AUDIENCE:

- \* Professionals wanting to be at choice in their career and daily work,
- \* New Managers ready to discover unique strengths in a new setting,
- \* 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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