

CONSTRUCTIVE CHOICES, Inc.
P. O. Box 1363, Sandia Park, NM 87047-1363
Phone/Fax: 505-286-4079
Toll-Free: 1-877-319-2901...4079
Email: jean@constructivechoices.com
www.constructivechoices.com

Issue #05-1, March 2005

TABLE OF CONTENTS

1. Quotable Quotes ...
2. "Simplicity ... Abundance Follows"
3. Choose ... to Keep It Simple ... Discover Abundance
4. Reading Choices
5. Jean's Latest Choice(s)

1. Quotable Quotes

"In order to seek one's own direction, one must simplify the mechanics of ordinary, everyday life." – Plato

"Abandoning the nonessentials leaves more room for attraction." – Thomas Leonard

"Learn to get in touch with the silence within yourself and know that everything in this life has a purpose." - Elisabeth Kubler-Ross
(taken from *Simple Abundance* by Sarah Ban Breathnach; Day – February 25th)

2. SIMPLICITY... Abundance Follows!

Top Ten Ways to Simplify Everything (from *The Portable Coach* by Thomas Leonard)

***along with a few added thoughts and comments from Jean ...

1. Stop Doing Errands (*Keep moving forward and take care of business*)
2. Get a Virtual Assistant (*Ask for help and Accept help when it is offered*)
3. Automate Administrative and Financial Tasks (*Make it user friendly, build your business network*)
4. Use a Reminder Service (*Personal or internet; Get your time management system up to date*)
5. Eliminate Promises, Projects, and Plans Until You Feel Empty Space (*Clear off your calendar for a week or two and move some things out of the way, even if only for an hour today and 2 hours tomorrow*)
6. Empty Your Closets of Any Clothes You Don't Really Like (*Live in what you love*)
7. Wean Away Consuming People (*Reconnect with folks you love to hang around with; call them and schedule time to visit and catch up*)
8. Order Supplies, Equipment, Goods via 800 Numbers and the Internet (*Save the travel time, be more efficient with supply restocking time*)
9. Delegate Most Household Chores (*Do what you love and hand off what you don't; exchange services maybe*)
10. Simplify Your Lifestyle So That You'll Have Less – and Less to Have to Do – in Numbers 1-9 Above. (*Check in on your progress in 2 weeks and see where you are... which of these didn't you get to?*)

Lists are interesting items, aren't they? I am a list maker – always have been. But what I love most about keeping my lists is when I get to line out those items I complete. It is the list that is all marked up, now that is the list I love – the items are all done! But don't believe that I have ever reached the end of my list. Lists like the one above resemble a list of metrics or standards that I can choose to live with, change or walk

away from. Each numbered item on this type of list doesn't always apply to me or you, but they do generate some thoughts on what one can tackle differently or propose an idea for something never yet thought about. From the list above, I have avoided #2 for many years. What I do have in place is a network with a variety of specialists whom I can request support from when I need it. The most challenging in this list though is #1 – I have come to the realization it is a shift in thinking really. It isn't about "running errands" - it becomes more the adventure of completing preliminary tasks so I may work at home more efficiently – it is about taking care of business so that the business can take care of me. It is about scheduling a half-day to connect with vendors that allow me to keep the household running. It is ALL good and the energy remains high rather than the fuel being spent and wearing down my energy. Today, you can enjoy the simplicity of it all ... and ... in the spirit of living simply I want for you the space you crave to attract abundance... you can create the space for yourself ... and live in simplicity ... that's all.

3. CHOOSE ... to Keep it Simple ... Discover Abundance

Choose to let it go ... say "No" to the "One" more thing to do before you sleep ... throw the list away for a day ... wonder What? Who? How? ... say "Yes" to doing it differently ... identify what is most important ... or the next most important thing ... say "Thank You" for the help offered and take it ... Choose to never go it alone. Choose to believe in abundance that comes from the creation of space.

4. READING CHOICES

Business or non-fiction side of things...

The Next Great Bubble Boom by Harry S. Dent, Jr. "How to Profit From the Greatest Boom In History: 2005-2009." Baby-boomers ready to think a bit more seriously about getting funds in place for retirement?
Authentic Happiness by Dr. Martin Seligman – "Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment." Some light background reading for my studies and research in the area of personal strengths.

Choose Your Question, Choose Your Life by Dr. Marilee G. Adams, "7 Powerful Tools for Life and Work" – a share and gift of wisdom from a friend – *thank you*. An inspired view of how we can choose to change our questions and see our lives in a different light.

For the lighter side and fun reading ... these past few months a focus on some historical novels
Mary Called Magdalene by Margaret George – interesting reading during this time of Lent
Alexandra, The Last Tsarina by Carolly Erickson

5. JEAN'S LATEST CHOICES

A Friday off to spend with friends ... time out for a movie marathon ... cleaning off the desk of unnecessary papers ... yes to work with short turn around timelines ... moving a vacation to late summer rather than early spring ... opportunity of a new work environment and professional structure ... speaking at two conferences in April.

My Constructive Choices AUDIENCE:

- * Professionals wanting to be at choice in their career and daily work,
- * New Managers (and aspiring leaders) ready to discover unique strengths to establish a leading community,
- * Individuals wanting to sort through the choices, build a more fulfilling life, lift their voices and
- * Coaches who choose to step out, show up and say "Yes, it IS all about YOU."

COPYRIGHT AND SUBSCRIBE/UNSUBSCRIBE INFORMATION

Copyright 2005, All Rights Reserved Constructive Choices, Inc.

P.O. Box 1363 Sandia Park, NM 87047-1363 <http://www.constructivechoices.com> (505) 286-4079

Email: jean@constructivechoices.com

Toll-Free: 1-877-319-2901...4079

Please, feel free to distribute this newsletter in its entirety. I only ask you include copyright and subscription information. You may have received this newsletter from a very thoughtful friend and I invite you to pass it along to others.

To subscribe/unsubscribe to the Constructive Choices, Inc. Newsletter, please, send an email to jean@constructivechoices.com with your request of choice!