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1. Quotable Quotes

"I loved living this year, and now I bless it with love and release it. Tomorrow is the start of a brand new year."

- *365 Daily Affirmations* - 2002, by Louise L. Hay

"Yesterday, today, tomorrow, I live and learn choosing my positive path!" - Jean Strosinski, *Affiractions*, 2006

2. Endings ... The Starting Point for All New Beginnings

You may be familiar with the work of William Bridges, author of "Managing Transitions - Making the Most of Change." He speaks of three phases in managing transitions where one has to learn to let go to begin to manage what he refers to as a neutral zone before a person can launch a new beginning. Well, we are about to embark on a new change - moving from 2006 into the new year of 2007 and possibly the first change we will embrace is writing that "7" instead of a "6" for all dates.

Bridges offers some great thoughts on how to let go and acknowledge the ending and though he speaks more to specific events and what organizations deal with - there are people like you at the heart of all of this. There are some great pieces of wisdom in what he writes and speaks to. Maybe some of what is offered below will resonate with you and offer a new perspective to smile your way into 2007. To paraphrase from the resource mentioned above ...

1. Know what you are leaving behind or losing ... (is it just a closeout of an old year?)
2. Accept the importance of this (these) losses (understand the emotional ties if there are any)

3. Acknowledge your losses openly and sympathetically (be kind to yourself for what you have done and may not have had a chance yet to accomplish)
4. Expect and accept signs of grieving (yours and others)
5. Compensate for the losses (if you need to take an action, make it right)
6. Give people information and do it again and again (face the fear of the unknown, make it known)
7. Define what's over and what isn't (if it is complete, then it is complete; take the lessons, and prepare to move forward)
8. Mark the endings (create the action or activity that presents it as complete)
9. Treat the past with respect (once more - be kind to yourself, you learned much in 2006 ... the bigger question is what will you do with what you have learned?)
10. Take a piece of the old with you (it only takes one learning of truth or celebration to lay a stronger foundation for tomorrow)
11. Show how this ending ensures a continuity of what really matters (2006 becomes the foothold into 2007 - step into it and be ready)

Happy New Beginnings in 2007 - manage them well!

3. CHOOSE ... to End in Preparation for New Beginnings

Choose to know what you are leaving behind ... accept the importance of 2006 ... acknowledge the endings and be kind to yourself ... grieve if you must ... take the actions to make it all right ... Choose to make known what you are leaving and what you are moving toward ... Define what is over - get the lessons ready to take with you ... Choose to celebrate the ending - treat it with respect, take a piece of it with you into this new year - step solidly and strongly into the first day of 2007!

4. READING CHOICES to CHECK OUT

Other reading treasures from William Bridges

"Jobshift: How to Prosper in a Workplace without Jobs"

"Transitions: Making Sense of Life's Changes"

"Surviving Corporate Transition: Rational Management in a World of Mergers, Layoffs, Startups, Takeovers, Divestitures, Deregulation and New Technologies"

The Character of Organizations: using Jungian Type in Organizational Development"

5. JEAN'S LATEST CHOICES

Writing one last newsletter for 2006 as the transition into a new format and look for monthly newsletters starting in January 2007 ... completing an advanced class for the right to offer the PRINT Assessment ... completing the PhD course work - preparing for a dissertation or Work Excellence Project ... reflections of 2006 ... visions for 2007!

My Constructive Choices AUDIENCE:

- * Professionals wanting to be at choice in their career and daily work,
- * New Managers (and aspiring leaders) transitioning to establish a leadership role in their communities,
- * 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.*”

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Blessings,
Jean

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"Positive Strategies Moving to Practical Actions"

Affirmation: "I acknowledge the surprises in each day and smile ... yes, it can be a challenge, and it lifts my heart." (copyright 2006, Jean Strosinski)