

# constructive CHOICES

Constructive Choices, Inc.

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~ WHAT'S NEW... *Choosing To Shift Your Focus* ~

## The Choice Connection

Dear Jean,

*CHOOSE TO... Being Open, Questioning, Managing a New Flow and Focus*

Choose to... start a new year in the mid-year

Choose to... being open to all the possibilities, to question and be curious

Choose to... ask and consider what is new even though it isn't January, to shift the flow, shift the focus, and jump into the transition

Choose to... know that sitting on the sidelines, watching or waiting until the calendar turns to January stalls the flow and ability to focus

Know that... when you jump in, you get deliciously wet and immersed in a flow of creativity, curiosity and all things NEW!

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### WHAT'S NEW... *Choosing to Shift Your Focus*



If you and I are like most everyone else, then we spend a good deal of time in late December getting prepared for a new year starting in January. A new year seems to create a focus all its own and pulls us, sometimes with a little resistance, into a flow of time and energy starting on January 1. I wrote some years ago, in an earlier newsletter, that from my early years as a teacher, I often look to September (August for some) as the start of my new year.

I find that now in this month of August and looking forward to September, I will begin to question "what's new?" and realize that this time of the year has its own energy and flow and a need for me to shift my focus. Whether this comes from years of being in an industry that dictates a new year starting in August/September or the result of summer ending and a move to a new season, I

### Jean's Latest Choices



- Considering that even though I am not on a teacher's schedule, my work today still begins anew in September
- Defining every week that retirement truly does not hold a definition of "not working... rather a choice in how and when I work
- Planning purposefully, preparing with prayer, proceeding positively
- Playing purposefully, asking more questions, and being more curious
- Choosing to have an open mind, embracing a new year that starts in September or... maybe even October.

### Quick Links...

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can't really say. I just know that about this time I am ready to let go of something and begin a shift into a new project... new hobby... new travel...

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I feel as if I have been moving in the last few months with my eyes half-closed, somewhat on auto-pilot and that my energy has waned. It is more than just being in a state of readiness or feeling like I need to be prepared. I feel as if I am watching a flow of motion, energy begin to surge and I am curious as to where it is going and wanting to be in a new flow. I am looking out (and somewhat feeling) as if there is a place for me to jump in and begin a new movement of flow. But more than that... there is a pull to identify a new focus. So whether I continue with the same projects I have been working on or choose not to start anything new, there is a new focus or freshness I want to add to what I am engaged in.

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Focus is a strength that some of us use and rely on daily. If this strength is one of yours, then you are asking this question daily, "Where am I headed?" This is your theme and your guiding star and you need a clear destination - it isn't just about the journey. You choose goals, determine priorities and filter what flows in and out of your life knowing that it is important if it keeps the focus as your key to movement.

If focus is not one of your key strengths, then talking about this and how to engage in a shift may be a bit less important. And if you are experiencing a shift mid-year then this may come instead from your curiosity and asking the question, "why?" Regardless of the strength you use, if the shift into something new is happening, you are going to choose to move out of an auto-pilot mode and shift more consciously into drive or overdrive. Most important is how you manage this new shift, new focus, or new move into the new.

A few thoughts of encouragement to ensuring a shift in focus becomes quickly grounded and managed well:  
View the timelines... know when to function independently...  
define your decisions, actions, support... pay attention... stretch your goals... write down your aspirations growing from a shift in focus or new opportunity... consider quantity and quality.

Happy New Year... it may have started for you like me and I wish you joy, calm, focus and renewed curiosity as you transition to the new in what others consider mid-year.

### Quotable Quotes

"There is a vitality, a life force, an energy that is translated through you; and because there is only one of you in all of time, this expression is unique."

- Martha Graham

*Quotations*

"We all live in suspense, from day to day, from hour to hour; in other words, we are the hero of our own story."

- Mary McCarthy

"The excitement, the true excitement, was always in starting again. Nothings' worse than an accomplished task, a realized

dream."  
- Marilyn Harris

"Creative minds have always been known to survive any kind of bad training."  
- Anna Freud

## Jean's Recommended Reading Choices



### 1. [Man's Search For Meaning](#)

Viktor Frankl

*~ Sad, inspiring, and thought provoking... a reminder of one of the worst times in man's history. Yet here is a chance to understand that we can survive what we choose to survive. We are the authors of meaning for our lives.*

### 2. [The Princes of Ireland: The Dublin Saga](#)

Edward Rutherford

*~ I was enamored of Ireland when I visited this country last year and loved the historical tale of a country's birth.*

### 3. [Harry Potter and the Deathly Hallows \(Book 7\)](#)

J. K. Rowling

*~ Ahhh, yes I am a Potter fan - couldn't put it down and ready to reread it. Lessons in choice, growth, curiosity, questioning and a desire to make it right.*

## Administrivia

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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email: [jean@constructivechoices.com](mailto:jean@constructivechoices.com)

web: <http://www.constructivechoices.com>