

constructive CHOICES

The Choice Connection

Dear Jean,

CHOOSE TO... reestablish your lost goals as intentions, stimulate your curiosity, and get into action.

Choose to... enjoy the creativity in the journey of the new year and consider the abundance of options along the path.

Acknowledge ... each success along the way - no matter how small ... and learn from the changes you have no control over.

Choose ... flexibility and keep your intentions relevant . Celebrate all your accomplishments no matter how or when they happen!

In This Issue

- Jean's Latest Choices
- ACTIVATING YOUR INTENTIONS
- Jean recommends...
- Administrivia

ACTIVATING YOUR INTENTIONS



I once had a conversation with a client who was resistant to setting goals. To understand this resistance to goal setting, one has to understand how fearful some people are when asked to set and declare their goals.

Let's face it - when you set goals, you declare a specific path toward achieving something - an attempt to achieve a specific result. Once that goal is declared or written, and if for any reason it is never achieved, the person may begin to feel a sense of failure. Attempt to set goals and fail a second time and possibly a third or more time in achieving the desired result and eventually you might just give up setting goals at all. In previous communication with you I have shared why goal planning may be more effective than goal setting. (SMARTER Goal Planning archive copy [here](#))

Constructive Choices, Inc.
Vol. 1, Issue 12, December 2007
~ *Activating Your Intentions* ~

Jean's Latest Choices



- Allowing some creativity in the activation of my intentions
- Shifting the responsibilities of holiday preparations... saying Yes and Thank You to a team who graciously offered to give me a day's reprieve
- Enjoying a day's road trip with a sister ... along with writing and working while on the road
- Smiling a bit more... enjoy a bit of the holiday with family in Phoenix ... and the rest of the holiday preparations ... well, they will get done in time
- Considering 2008's intentions - just what is going to allow some fun and discovery along the way.
- Stay tuned ... 2007 was the retirement year and 2008 promises to be a year of heightened learning.

~~~~~

#### *A Special Note of Gratitude*

This month, in lieu of a few quotes, I wish to give a special note of thanks to some very special people - my colleagues and friends from my

I have learned from the client mentioned earlier and others that working with "intentions vs. goals" are a safer and at times more effective method to achieving your desired results. What makes having an intention different is the softer, safer approach to moving forward in action. Stating an intention is identifying an idea and maybe the accompanying plan on how to achieve something and keeping the path to get there more open. It comes without the hard line and goal focused direct approach. Intentions somehow allow the owner to take into account the daily and weekly twists and turns along with a flexibility to change the path at any time. Having an intention seems to keep the options open. For those of us (including me) who have set goals and failed to achieve desired results, stating and then activating an intention allows us to approach the path forward with more flexibility and keeping our choices open.

I personally like the choice of stating "intentions" and keeping the plan pliable. I enjoy the creativity an intention can encourage along the path toward achieving an end result. An intention does, like a goal, often identify the desired achievement. Its creativity and flexibility satisfies a natural curiosity and permits a bit of fun in the discovery - it isn't necessarily a chore of moving through the steps or process of a goal.

Important... as 2007 comes to a close - acknowledge your success for all your intentions and goals for this past year.

More important... consider those goals that weren't achieved, lighten up a bit and set a few new intentions in January 2008. These are your hopes and dreams for 2008 and they come with a choice to allow a bit more creativity as you activate what it takes to keep on your path.

My wish for all of you in this spirit of the holiday season of giving, receiving and acknowledging you and yours - May your 2008 Intentions be joyful, uplifting and create a solid journey toward success. Merry Christmas and Blessings to All in the approaching New Year!

### Jean recommends...



1. [Fierce Conversations: Achieving Success at Work and in Life One Conversation at a Time](#)

Susan Scott

*~ Act with courage, care and confidence - could be a motivator for activating 2008's intentions.*

2. [True Work: Doing What You Love and Loving What You Do](#)

Michael Toms and Justine Willis Toms

*~ "... wisdom for the workplace from the husband- wife team of the nationally syndicated public radio series New Dimensions... if we could find a way to transform how we view what we do so that it becomes a source of enjoyment and refreshment, it would be a cause for celebration..."*

3. [What Happy People Know: How the New Science of Happiness](#)

professional home - the New Mexico Professional Alliance, a collaborative initiative of the New Mexico chapters of ASTD, ICF and ISPI.

I was recently honored at a first annual Holiday Gathering of these 3 organizations and quite overwhelmed at their acknowledgment of my volunteer activities over these many years. My volunteer intentions over the past 15 years has always been focused on supporting the growth for a group of professionals who all truly make a difference in the workplace. These intentions have carried no specific end result, only an opportunity to be where I am needed and when I am needed. This is success enough for me.

As I remarked at the conclusion of the awards, I am so appreciative of the honors these groups have chosen to bestow upon me. The activities and the people I have worked with over the years have made me who I am, taught me what I can do and more importantly how I do that which has so important defined my daily work. To all of you who have touched my life and allowed me to touch yours... *From my heart ... Thank You ...* each and every one of you have brought a special light into my life. Truly, my life is brighter because of all of you.

-----

### Great News!

I'd like to share this *amazing new mailing service* I came across recently. It allows me to have *my whole database online, and send mailed cards personalized in my own handwriting...* (Yes, holiday cards, thank yous, follow-ups...) *by pressing a button.*

Whether you use this service or send the old fashioned way - I encourage you to take some time at the end of this old year and in the beginning of the new to *connect with your family, friends and community.*

If you are interested in this as either a business opportunity or

[Can Change Your Life for the Better](#)

Dan Baker and Cameron Smith

~ *What a great and worthy intention for 2008 for the world!*

personal use to get your cards out in a timely manner, we should plan a time to get together and talk about it. Just drop me an email at [jean@constructivechoices.com](mailto:jean@constructivechoices.com).

**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!*

~~~~~

Copyright 2007, All Rights Reserved
Constructive Choices, Inc.

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.

Be sure to check out the Choice Connection newsletter Archives. The archived newsletters are in PDF format. You can easily view from your computer or print them out and take them with you!

Choice Connection Archives

email: jean@constructivechoices.com
web: <http://www.constructivechoices.com>

Quick Links...

[Constructive Choices Web](#)

[More About Jean & Constructive Choices](#)

[Newsletter Archive](#)

[Other Articles & Workshops](#)

[The Choice Line](#)

[The Choice Store](#)

[Contact Jean](#)