

constructive CHOICES

The Choice Connection

Constructive Choices, Inc.
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Greetings!

CHOOSE - TO MANAGE YOUR CHOICES WITH INTENTION AND MAKE AMAZING THINGS HAPPEN

Choose - to let go of and give control to others who believe they have it.

Choose - to identify what is important in your life.

Choose - to become an effective decision maker... find your focus... speak with clarity... ask the questions... determine when and HOW you will show up.

Choose - to manage your life well and **MAKE IT HAPPEN!**

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LUCKY YOU... MANAGING IT WELL AND MAKING IT HAPPEN

St. Patrick Day celebrations have come and gone this month - a wee bit of green, along with a multitude of wishes for a lucky day! And oh, to be so lucky, even when you aren't of Irish heritage.

I have been told many times in my life that I am "one lucky person." And sure, I have on occasion won and received some nice gifts – tangible cash and non- tangible acknowledgements.



I also have to acknowledge at this point though that one didn't grow up in my family without training in some serious Bingo playing.

So yes, I have been a big winner on occasion – but lucky... hmmm, *Really?* Makes me a bit curious as to what one would believe I have been given that implies I am lucky.

In reply to most of those comments about my *luck*, I would suggest that "my luck" has come from hard work, diligence, paying attention, and most importantly just being present or showing up.

The question I would most like to offer in this situation is, "*Would you be interested in knowing what I did to make 'luck' happen?*"

From some quick internet research, I ran across the following phrase regarding one view of luck, "... luck is that which happens beyond a person's control." What struck me more was the use of the word **control** as being in opposition to luck.

Jean's Latest Choices



* Managing when, managing how, and showing up

* Respecting the voice of others and knowing my limits

* Being okay with the stretch and asking for clarity and definition

* Understanding the importance of intention

* Giving up a desire to control

* Simply attempt to manage my life well

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I will admit that I am not a fan of the word control. You have heard all the phrases about taking control of your life, and the implication that if we do this, and a little of that, we actually can and do have control over our lives. "Really?"

Do you set your daily schedules? Are you free from negotiation for all your deliverables? Do you get to do whatever you want whenever you want? Heck, even retail stores control a time schedule and dictate when I might be able to run errands. As a self-employed business owner, you might believe I have more control than those working for a larger company – Nope!

My schedules are determined by others who own the work I support, my deliverables in a format and with timelines, are determined with the input of others. While I have an idea of what my monetary value is worth for the work and services I provide, this too is determined by what others are willing to or can pay.

I have given up thinking I could control much of anything in my life. Frankly, I am better off without the control. But that doesn't mean that I rely on luck either.

So if neither control nor luck are strong factors in the equation, what is? ... The answer? A conscious choice to manage my life and to manage it well. It is okay for others to request the parameters for my work, schedules and timelines – it allows me to negotiate those factors and manage them all well.

First and foremost, the most important undertaking to managing my life and making it (whatever 'it' is) happen, is to first show up! This I can do, and you can also!

You can manage your life. *You* have the wherewithal to say "yes" and "no." *You* have the knowledge and the experiences that will support and influence your choices. *You* have your own unique strengths in a combination that few others have.

What you know, what you have learned, how you have lived, and the talents you own become your greatest resources to determining how you manage your life well, and what you can make happen. You can choose to show up! Yes, you absolutely can, choose to manage all that is important for you and *Make it Happen!*

You know... even to win at Bingo, you have to manage to show up and be there when they call the winning number on your card. 'Luck' starts with YOU. You CHOOSE what it will take to manage your life well and make it happen!

Quotable Quotes

"Luck is the residue of design."
— Branch Rickey

Quotations

"Rather than 'either/or' life is 'and'."
— Barbara Braham

"The well of Providence is deep. It's the buckets we bring to it that are small." – Mary Webb

Reading Choices - Great Books To Check Out



1. ***"Character Strengths and Virtues: A Handbook and Classification"***

Christopher Peterson and Martin Seligman

2. ***"The Purpose-driven Life: What on Earth Am I Here For?"***

Rick Warren

3. ***"SDI in Communication: Charting Your Course for Effective Communication"***

Aileen Ellis, Peggy Wallis and Susan Washburn

March Celebrations – Making it Happen:

American Red Cross Month, International Ideas Month, Irish-American Heritage Month, National Eye Donor Month, Optimism Month, Spiritual Wellness Month, Learn Russian Month, American Chocolate Week (3rd week), Courageous Follower Day (4), Old New Years Say (25th), Education and Sharing Day (27th), National Mom & Pop Business Owners Day (29th), Grass is Always Browner on the Other Side of the Fence Day (30th).

For fun and the longer list, check out ***"Brownielocks & The Three Bears"***

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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