

The Choice Connection

~ Extremes and What Lies Between ~

Constructive Choices, Inc.
Discover and acknowledge your strengths...



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Jean's Latest Choices

CHOOSE to VIEW the EXTREMES on the ENDS... and then check out what is in the middle.

CHOOSE TO... understand the extremes as the outermost boundaries... connect to the middle... find the common thread that takes you from end to end.

CHOOSE TO... believe in the strength of what may be obvious and sits within the core of where you came from, who you are today, and where and who you will be tomorrow.

Extremes and What Lies Between

It is December already. Here it is an end to this year and when compared to where we started this year in January, we have lived through a span of time within the extremes - the two ends of a year! And yet, these two ends are also closely connected as December of this year moves into January, the start of 2009. So is there a span of 11 months or 0 months between these two ends?



When we started 2008, most of us were looking at what lay ahead of us - planning all that might happen in what, at that time might have seemed to be a rather long span of time. And now here we are at the other end - experiencing an endpoint. It might have been a long year for you and for others, maybe a bit too short. The joy of it, regardless, is what lies between these two extremes - all the days, weeks and months framed and bound by January and December.

The extremes and what lies between in this year could have ranged from good to bad, interesting to challenging, terrific to disastrous, hot to cold and (here you get to fill in your own extremes). And your view of the extremes may or may not be shared by others. It is your view and your perspective ... Regardless, there was so much

- Recognizing that the wave I felt coming is here... and enjoying the ride
- Looking to others for support with managing tasks and time
- Moving into the research phase of the dissertation with open eyes
- Making a request of professional colleagues and experiencing gratitude at their overwhelming response of support

Quotable Quotes

"Strength is the capacity to break a chocolate bar into four pieces with your bare hands--and then just eat one of the pieces."

~ **Judith Viorst**

"Passion - There are many things in life that will catch your eye, but only a few will catch your heart ... pursue those."

~ **Anonymous**

"The obvious choices aren't the only choices."

~ **Steve Roberts**

"Tonight, when you lay your head on your pillow, forget how far you still have to go. Look instead at how far you've already come."

~ **Bob Moawad**

more in what lies between the ends.

A few hours ago, my husband, Michael, had me step out to take a look at the night sky where a sliver of the moon was hanging with Venus and Jupiter shining brightly beneath. What I saw in the beauty of this night sky was two planets that lie between others in our solar system. They aren't the extremes for our solar system and in the sky appear to be only a hands width apart. However, if you put the planets, Earth and Mars between them, then they could be considered the extremes. Perspective... usually thought of as another person's reality.

As I think back over this past year, there was so much more that happened in the middle of this year. January was a good start and I began feeling as if there was a push to something more. It was as if the water pushed forward a surge of energy - a wave if you will. And yet at other times, it was as if I was being pulled forward by an undercurrent of energy. I am not sure that visual works for you - the energy of water pushing at times and at other times pulling. Water is a connection for me, so it is the surge I feel - pushing and pulling.

I believe what is important is that within the extremes of any given range, there is a middle. The energy within the middle may at times feel as if it is pushing you or you pushing it and at other times, it may feel as if it is pulling. If you can truly experience the middle, then you might experience an ebb and flow to this energy and to the events in your life.

What lies between the extremes, if you acknowledge its energy, can move you forward with less of a struggle and create a stronger connection. It may be what is in the middle that defines your year. What lies between may seem so common that its strength is dismissed from your current view. Consider that what is in the middle strengthens your core holding a thread from end to end, it may be what binds the extremes and becomes the connector for all that lies between.

The extremes and what lies between in any given year - may the charm of what lies between reflect your energy - the force that pushes and pulls from end to end, from one extreme seamlessly into the next.

Warm Regards,
Jean

Jean Strosinski, MA, PCC, CPT
Constructive Choices, Inc.



Jean Recommends...

* A Thousand Splendid Suns

by **Khaled Hosseini**

- *Suggested by my husband. It is beautifully written and shares a glimpse of a woman's life in Afghanistan through the last 3 decades of the 20th century. I couldn't put it down.*

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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Today!

* **Leadership Challenge**

by Kouzes & Posner

I was reminded of this resource. If you are a new leader and looking to influence your environment in a positive way - this is a must! Modeling the Way... Inspiring the Vision... Challenging the Process... Encouraging the Heart.

* www.talentmgt.com - one of the best resources I have found for keeping up with new and fresh ideas for managing your talent. A free resource (print and on-line) with each issue offering some insights and tips that address each of the following areas: recruitment and retention, assessment and evaluation, compensation and benefits, performance management, learning and development, succession planning.