

# The Choice Connection

~ "GROWTH - Reflection, Preparation and Action - Seize the Opportunities" ~

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



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GROWTH - Moving into 2010

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GROWTH ... REFLECTION PREPARATION, and ACTION CHOOSE TO ...

ADMINISTRIVIA

### Growth - Moving into 2010 - An Invitation

... what topics would you like to read about in 2010? I will continue with my format of 3 months dedicated to a topic. I would be very interested to address topics that you have a special interest in exploring.

THE INVITATION - What would you like to hear about? Please forward your suggestions before Dec. 25th.

## Quotable Quotes

*"I believe the second half of one's life is meant to be better than the first half. The first half is finding out how you do it. And the second half is enjoying it." ~ Frances Lear*

*"We are cups, constantly and quietly being filled. The trick is, knowing how to tip ourselves over and let the beautiful stuff out." ~ Ray Bradbury*

*"Here is the test to find whether or not your mission on earth is finished: If you are alive, it isn't." ~ Richard Bach*

Dear Jean,

## GROWTH ... REFLECTION, PREPARATION, and ACTION

December appears to be a natural month for each of us to look back and reflect on the year past. This month, I also invite you to look back and reflect on your personal and professional growth in 2009. Beyond your reflection of who you have become in your accomplishments, you can begin to enrich your purpose for growth and ... consider the meaning of what it takes to continue your movements to action - what we also call growth.

Prepare, choose, and plan.

Consider what is below as an example of the amazing power of reflection and the growth it encourage.

REFLECTION ... If you could categorize your growth with some label -

## Growth - Tools and Resources

Fresh-brewed life: A stirring invitation to wake up your soul - Nicole Johnson

The Art of Extreme Self-Care: Transform Your Life One Month at a Time - Cheryl Richardson

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Today!

what would that label say? Is it labeled - 'knowledge growth', 'spiritual growth', 'health', 'professional/career growth', or '\_\_\_\_\_ growth'? The reality is that our growth cannot often be directed into just one area of our lives. Often our growth or learning is complementary or runs in parallel. Growth occurs simultaneously in multiple areas of our life and not in isolation.

I have recently been asked, "What's next, Jean?" and this question on the heels of having completed a multi-year learning-focused event. My first responses indicated nothing new or different was on the horizon. I had not even begun to consider what could be next as a result of the previous learning focus. And yet, after being asked the same question more than once, I realized that I do now have an opportunity to design a new learning focus and one that can contribute in a new area of growth. What came about as a result of my reflection on what might be next is the exploration of an intellectual focus combined with my professional career focus - something that will enrich my work to support others in the areas of communication and leadership.

PREPARATION ... Considering that opportunity here are the first glimpses of the steps in my preparation may be:

- Narrow the focus and determine the learning I really want to embrace. I believe it will be a growth in knowledge to complement my professional practice. I want to strengthen a learning for the use and usefulness of appropriate 360 tools.
- Check in with my colleagues - discover what tools they recommend for exploration. What are the appropriate questions I need to ask as I research the many options available for 360 tools.
- Research these recommendations and their specifics of certain companies and their products. Why 360s? How does one use them effectively?
- Consider the process to be qualified to use the tools - what is out there that already compliments my current knowledge base.

ACTION ... Determine the "What's next?"

There will come a time in the next year to make a few decisions and then choose the best option. And then it is time to schedule the required learning event(s), if necessary, to be completed in late 2010, early 2011.

My wish for each and every one of you this holiday season is that the triggers you have experienced in this amazing year have enriched your personal life stories, provided immense joy and fostered an desire for continued growth - you are, each and every one of you, amazing individuals.

Merry Christmas, Joy, and Love ,

Jean

## **CHOOSE to...**

ask and remember - what did you want to be when you grew up? And now what do you want to be when you grow up? Oh, yes - we are still growing, aren't we? Remember the light that fills your whole being - each day...a new you!

...prepare and THEN seek out the opportunities...be ready to grow when the foundation is in place.

...ACT on your choices. GROW confidently and KNOW that as you Learn, you Live.

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## **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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