

# The Choice Connection

~ "STORYTELLING - Tools/Resource, and then, Discovery ... Reflection ... Commitment ... Action" ~

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



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Commitment ... Action

Choose To...

ADMINISTRIVIA

## Your Story... Highlights

Storytelling - Skills that can be defined as  
CORE ... PROCESS ... INTERACTION.  
Where are your strengths in your  
storytelling?

Our STORIES are our heart and soul - a  
share of our wisdom, laughter, interests,  
hopes, dreams, and life's lessons learned.

## Quick Links

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## Quotable Quotes

*"We do not remember days, we remember moments."*

~ Cesare Pavese

*"They are children of many men, our words; the blank page, difficult mirror,  
gives back only what you were."*

~ George Seferis

*"I never travel without my diary. One should always have something sensational  
to read on the train."*

~ Oscar Wilde

Dear Jean,

## Tools/Resources

Books:

1. *Wake Me Up When the Data is Over: How Organizations Use Stories to Drive Results* ~ by Lori Silverman
2. *The Right Words at the Right Time, Volume 2: Your Turn!* ~ by Marolo Thomas and New Friends
3. *Not Quite What I Was Planning, Revised and Expanded Deluxe Edition: Six-Word Memoirs by Writers Famous and Obscure* ~ by Larry Smith and Rachel Fershleiser
4. *It's Your Story - Pass It On* ~ by Mary Louise N. Colgin and Thea Simmons van der Ven
5. *The Art of Storytelling: Easy Steps to Presenting an Unforgettable Story* ~ by John Walsh

Contact Jean

## 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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Websites:

1. 8 Strategies: "How to Use Stories to Increase Learning and Facilitate Trainings" at

[http://www.makingstories.net/articles.htm#eight\\_strategies\\_article](http://www.makingstories.net/articles.htm#eight_strategies_article)

2. The National Youth Storyteller Showcase at

<http://www.nationalyouthstorytellingshowcase.org/home/>

3. A Treasure House of Stories of Every Kind at

<http://www.timsheppard.co.uk/story/storylinks.html>

4. The National Storytelling Network at <http://www.storynet.org>

5. Writers Journal at

[http://www.writing.com/page/writing\\_journal/writing\\_journal.html](http://www.writing.com/page/writing_journal/writing_journal.html)

6. Journal Writing as a Teaching Technique to Promote Reflection at

<http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1472640>

## Discovery, Reflection, Commitment ... Action

Some years ago at a conference I purchased a workbook, *It's Your Story, Pass It On*, by Mary Louis N. Colgin and Thea Simmons van der Ven. With a few quotes and a one-page introduction, the book then presented many, many blank pages. There is a lot of room to write in this book along with some very simple guidance. The guidance consists of many questions ... designed to inspire a memory and motivate the hand to pick up the pen, engage the pen with the page and write.

Your stories are all about Getting to Know You.

Who, ME?

Yes, YOU!

And to get you started ... here are a sample of the questions for your discovery and reflection. Take on the challenge ... pick up your

pen...commit your story to paper and finally, share it with the person who needs

to hear it most.

1. Do you know how you got your name? How do you feel about it? Do you still use it?
2. Who was your favorite relative? Why?
3. How did you celebrate holidays or other special celebrations?
4. What is your earliest memory of being at school?
5. Who was the wise person(s) in your life? How did they affect your life?
6. What parts of your story do you hope others will remember and pass on?
7. and then there is your question ... the one to inspire a connection to another - what do you really want to write about?

May your stories begin to clarify your present, increase your self understanding, possibly reshape your future and most important, recover the most important story in the world ... your own.

*Warm Regards,*

*Jean*

Constructive Choices, Inc.

**CHOOSE to...**

ask questions, listen to your imagination, and observe the stories implicit in others' words and actions.

**CHOOSE to ...** consider the anecdote, the action, and the points of your stories and the feeling you want to leave them with.

**CHOOSE to...** connect your stories with others...increase your joy, lessen your fear, laugh at what made you cry, share a few tears, and pass on the hope and the love of your journey - the road well traveled.

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