

# The Choice Connection

~ "GROWTH - Tools & Resources to Cherish Your Dreams and Prepare for the Opportunities" ~

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



Jean Strosinski  
PhD, PCC, CPT



## In This Issue

### QUOTES

#### GROWTH - Highlights

GROWTH - Tools  
and Resources to  
Cherish  
the Dreams  
and Prepare for  
the Opportunities

#### CHOOSE TO ...

#### ADMINISTRIVIA

### Growth - Highlights

Growth is built on  
dreams with  
focused  
preparation to  
take on  
opportunities as  
they arise.

Detours happen  
as a result of  
learning from  
teachable  
moments creating  
gentle

## Quotable Quotes

*"If we don't change, we don't grow. If we don't grow, we are not really living. Growth demands a temporary surrender of security." ~ Gail Sheehy*

*"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*

*"You can have big plans, but it's the small choices that have the greatest power. They draw us toward the future we want to create." ~ Robert Cooper*

Dear Jean,

## GROWTH - Tools and Resources to Cherish the Dreams and Prepare for the Opportunities

Is it possible to send a message of growth in such subtle ways as this plant is receiving? I believe our dreams might be one such subtle message ... and then of course the words we speak, think and process around opportunities may be another. The questions we ask ourselves ... "I wonder if ...?", "Could I possibly consider ... ?" Yes, allow yourself to wonder and Yes, you can consider ...

I have watched this plant in my home grow - it seems to be getting the message. And then again, it is being nurtured with water and a healthy environment to achieve a richness in life. That isn't so different than what we



(sometimes)  
nudges to grow in  
mind and spirit.

The end result -  
you may become  
more than you  
ever imagined  
you could be.

## Quick Links

[Newsletter  
Archives](#)

[CCI Web Site](#)

[About Jean and  
CCI](#)

[The Choice Store](#)

[Articles &  
Workshops](#)

[Complimentary  
Coaching Intro](#)

[Contact Jean](#)

[Join Our Mailing List!](#)

Sign up for The  
Choice  
Connection  
Today!

all need.

So, consider a few more resources and formulate the dream of what growth might look like in your life.

BOOKS (from Jean's bookshelves):

1. How Full Is Your Bucket ~ Tom Rath and Donald O. Clifton
2. Fresh-brewed life: A stirring invitation to wake up your soul ~ Nicole Johnson
3. Becoming A Manager ~ Linda A. Hill
4. The Art of Extreme Self-Care: Transform Your Life One Month at a Time ~ Cheryl Richardson
5. Your Personal Renaissance: Twelve Steps to Finding Your Life's True Calling ~ Diane Dreher

WEBSITES:

1. More Growth Quotes - <http://www.squarewheels.com/content/persgrowthquotes.html>
2. Variety of resource books on topics related to Managing My Life. [http://www.constructivechoices.com/manage\\_my\\_life.htm](http://www.constructivechoices.com/manage_my_life.htm)
3. 7 Must Have Personal Growth Strategies ~ <http://www.thebridgemaker.com/7-must-have-personal-growth-strategies/>
4. Personal Growth Map - <http://personalgrowthmap.com/blog/getting-started-2/>
5. Experiencing personal growth through travel ~ [http://www.ehow.com/how\\_5450797\\_experience-personal-growth-during-travel.html?ref=fuel&utm\\_source=yahoo&utm\\_medium=ssp&utm\\_campaign=ysp\\_art](http://www.ehow.com/how_5450797_experience-personal-growth-during-travel.html?ref=fuel&utm_source=yahoo&utm_medium=ssp&utm_campaign=ysp_art)
6. My Strategic Plan - <http://mystrategicplan.com/?gclid=CJCOhaGp6p0CFQ0aawodiRieLg>
7. And for those considering a flexible growth in the pursuit of higher education via a distance learning approach, the International University of Professional Studies - [www.iups.edu](http://www.iups.edu)

*With Joy and While Growing in the Learning,*

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.

---

### **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 2009, All Rights Reserved Constructive Choices, Inc.

PO Box 1363 Sandia Park, NM 87047-1363 <http://www.constructivechoices.com> (505) 286-4079

Email: [jean@constructivechoices.com](mailto:jean@constructivechoices.com)

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.

To subscribe/unsubscribe to the Constructive Choices, Inc. Newsletter, please, send an email to [jean@constructivechoices.com](mailto:jean@constructivechoices.com) with your request of choice!