

The Choice Connection

~ "JOY - Rediscover It, Choose It, Share It, Live Fully in JOY " ~

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



In This Issue

Quotes

Joy - Highlights

Tools/Resources - A Joyful Share

JOY in Reflection and Action

Choose To...

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Joy - Highlights

Joy is the connector for our living in peace and harmony with ourselves and others.

Joy is an emotion evoked by well-being, success or good fortune or by the prospect of possessing what one desires.

Joy is as spontaneous as breathing and equally delightful.

Joy - Tools and Resources

www.odemagazine.com
- for Intelligent Optimists

Joyful Living Organization - People In Service

www.joyfull-living.org/

"How Much Joy Can You Stand?"
www.howmuchjoy.com/

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Quotable Quotes

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." ~ Thich Nhat Hanh

"The standard of success in life isn't the things. It isn't the money or the stuff -- it is absolutely the amount of joy you feel." ~ Abraham (Excerpted from the workshop in Lincroft, NJ on Tuesday, October 15th, 1996)

"Sometimes just changing your face and your body language can create more space in your mind. Laughter is a real aid to bring about that spaciousness." ~ James Baraz

Dear Jean,

JOY in Reflection and Action...

This month as I end the three-month series on JOY, I decided to share a personal snapshot of my JOY taken 31 years ago. I actually remember this very moment and what I was thinking - something like - "I hope I can hold us both up." (Know that this was taken at the end of a very long and very WARM day filled with family, good friends, good food and good drink!) How blessed I am to have a snapshot of one of the many joyful moments in my life.



This informal photo taken at our wedding was an amazing gift of a friend as he captured our day in a collection of informal photos. (Thank you, Dave!). It is my favorite photo of that day, that was otherwise a blur of activity. It captures the essence of an unplanned moment in time and speaks to a variety of emotions for both of us. Even now, it causes me to break into smile and feel the joy of that one moment. I am reminded that at that moment, there were no assurances that life could and would actually give us more than we imagined. There were then and are today the hopes, dreams, and a belief that we were and are each other's JOY. There was the possibility of a promise ... 31 years ago and again now in this memory of JOY.

In the July issue and introduction to JOY, I wrote, "I want to rediscover the simplicity of the word with its complexity of emotion. I want the harmony and the peacefulness that can reside in the simplicity of a day's beginning and end."

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Today!

The moment in time captured in the snapshot above was not just a picture of the simplicity of one 'day' in my life - it has encouraged and continues to remind and inspire a simplicity of 'life.'

If this reminds you of a personal memory of JOY and the ongoing presence of JOY in our lives, use this encouragement to continue the smiles and opportunities to share your JOY with another whenever you can.

Your JOYous challenge - incorporate at least one of the following five strategies into your life each and every day.

*Lock in on the positive thoughts.

**Look for the amusing side of it all - find the humor.

***Laugh at yourself first.

****Live in the present, receive the day's most special gift.

*****Lighten the energy.

*****Breathe with a smile.

With Joy,

Jean

P.S. My second personal share of joy occurred last week when the notice that my dissertation for my PhD in *Professional Coaching and Human Development* was accepted and approved. It is official and this four and a half year journey has reached its milestone.



CHOOSE to...

... smile ... giggle ... laugh ... guffaw ... grin ... beam ... chuckle ... snicker ... hoot ... radiate ... shine - express JOY!

... consider the one thing today that when you stop and breathe, look around and smile, you see and remember the JOY of a moment - just like this in another place on another day. Relish the memory and remind yourself ... JOY is your choice to take in and then hand off to another - oh, for the JOY of it.

...migrate toward the merriment...and...follow the laughter wherever it leads. (The Laughter Issue of Ode - For Intelligent Optimists, August 2009)

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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