

# The Choice Connection

~ "STAGES and STEPS - Moving Forward into 2010" ~

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



Jean Strosinski  
PhD, PCC, CPT



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### CHOOSE TO...

#### STAGES and STEPS - Highlights

There is so much wisdom from the life others have lived and care to share. And life is lived one day at a time, one foot put in front of the other. Research tells us that we move through stages in our lives and yet even within the stages there are smaller segments or steps that build to complete each stage. Regardless of the

## Quotable Quotes

*"Look at life through the windshield not the rear view mirror." ~ Unknown*

*"It's seeing the day and accepting the responsibility for your future. It's seeing what other people don't see, and pursuing that vision no matter who tells you not to." ~ Howard Schultz*

*"We make a living by what we get, we make a life by what we give." ~ Unknown*

Dear Jean,

## A NEW STAGE and MANY STEPS

### "The Top 10 and a Few Other Resources"

I have been a fan of Joan Lunden since I read *A Bend in the Road is Not the End of the Road*. Hopeful, helpful wisdom and always with a glimmer that each moment we live is a step forward. The following bits of wisdom from another of her books are not necessarily new thoughts. However, these simple ten reminders are just that - reminders that we choose every day the next steps we will take.



stage, regardless of the steps, our movement is dictated by our choices. Our choices (or possibly the consequences) may not always be great...and yet they are ours to live with. It isn't about taking a step backward and "doing it over." More importantly, it is about taking a step forward and growing as we live and delight in each new moment.

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Choice Connection  
Today!

Adapted from *Wake-Up Calls* ~ Joan Lunden © 2001

1. *Attitudes are contagious ... is yours worth catching?* Grab on to a new and positive fresh view for 2010.
2. *Stuff a BIG life into small dreams!* Never give up the dreams and know you CAN start today.
3. *Go out on a limb, that's where the fruit is!* Figure out how far you can go - it's farther than you think.
4. *Believe in yourself and others will too!* Others do believe in you, so let them!
5. *Change is inevitable, suffering is optional.* Change is a requirement to move from one stage to another and to take every step.
6. *Let it go already!* - "Nobody ever said life was fair - or orderly, or perfect. Life is under no obligation to give us what we expect. However, life hardly ever lives up to our anxieties."
7. *Be bold in what you stand for; careful in what you fall for.* It is always our choice on how we react in any given situation - remember that we are the only ones in control of how we respond to what others say, think or do.
8. *Put a little LOVE in your life* - let us never underestimate a simple smile, a kind word or simple act of kindness - these very small things can change not just another's day, but possibly their world.
9. *For fast-acting relief, try slowing down!* "Giving yourself a break is not a treat - it's a vital necessity to your well-being."
10. *Age is a state of mind* - Start by identifying which of your expectations are realistic and unrealistic. We are less able to appreciate what we have when our expectations are too high. Begin to appreciate your reality - be grateful for what is!

### BOOKS ...

*Life's Little Instruction Book - Vol. I - III* (1992-1995) ~ H. Jackson Brown, Jr.

*Wherever You Go, There You Are* (1995) ~ Jon Kabat-Zinn, Ph.D.

*A Bend in the Road Is Not the End of the Road - 10 Positive Principles for Dealing with Change* (1998) ~ Joan Lunden & Andrea Cagan

### The INTERNET CONNECTIONS ...

Choices - <http://www.stevenredhead.com/choices/>

A Business/Organizational Perspective on Stages -

[http://webuildpeople.ag.org/WBP\\_library/9608\\_organization\\_lifecycl.cfm](http://webuildpeople.ag.org/WBP_library/9608_organization_lifecycl.cfm)

Six Financial Steps for Each Life Stage -

<http://www.thewisdomjournal.com/Blog/six-financial-steps-for-each-life-stage/>

Wishing You Your Best Life in Memorable Stages and Steps,

Jean



### **CHOOSE to...**

be flexible, be prepared, accept changes and all with an attitude of positivity. Life is happening...be ready and choose to step into it!

... be grateful and happy with what you have and walk into today with kind and thoughtful steps.

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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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PO Box 1363 Sandia Park, NM 87047-1363 <http://www.constructivechoices.com> (505) 286-4079  
Email: [jean@constructivechoices.com](mailto:jean@constructivechoices.com)

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