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SEASONS - What's Coming

We've discussed this year the steps, stages, spotlights and snapshots - most of these defining moments or the brief moments in time. Now we are ready to explore the seasons of our life and understand the time that is here for everything as we wish it to be.

SEASONS - The Top 5

1. The Year and its 4 seasons.
2. Our Life - Infant, Youth, Tween, Teen, Young Adult, Adult, Senior and Elderly
3. Our Learning - Kindergarten, Grade School, Middle School, Junior High, High School, Graduate
4. Our Career - Novice, Intern, Beginner (Entry Level), Practitioner, Professional, Mentor, Advanced
5. Our relationships - family, friends, our love.

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## Quotable Quotes

*"Then one of us suddenly becomes something overnight. The preparations have been in the making for a lifetime." ~ Gail Godwin*

*"In summer, the song sings itself." ~ William Carlos Williams*

*"To be interested in the changing seasons, is a happier state of mind than to be hopelessly in love with spring." ~ George Santayana*

Dear Jean,

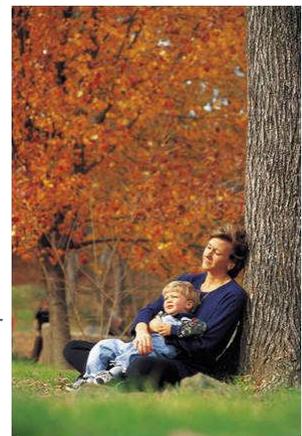
## SEASONS - There is a Time for Everything...

There is a time for everything and everything seems to happen in its time. We live in a world that has a flow of energy that draws or creates a rhythm of events. This world of cyclical or milestone happenings sometimes occurs around us without our giving little notice.

As I am spending a few hours outside in this wonderful season of summer here in NM, I am reminded of the characteristics of the four seasons we experience here in this Land of Enchantment. It is easier to relate to the seasons of nature where we can tell if we are in summer or winter by the temperature, the colors and shapes in the skies, the colors of the earth, and even the holidays and people events. Of course, the characteristics change in our world depending on geographically where you live. Regardless, there are signs of the seasons. Are we paying attention?

I am not necessarily a person who loves to be out of doors and in nature, and yet I have a great appreciation for the beauty each season brings. Autumn is my favorite season with its rich colors, moderate temperatures, the harvest, then a sense of settling in and a preparation for the celebration of the year. This is actually an accurate way to think of where I am in the season of my life. I am in my late 50s and think of myself of being in the autumn of my life. More than at any other time in my life I am resonating with all that is happening around me.

I finally get that I am harvesting all that I have planted and tended over the years - the growth in relationships, knowledge and my life's chosen work. I am often surprised at the events that are in the making and how I am drawn into them. And then I have to consider that I have also paid close attention to taking



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care of each day of my life. Yes, I have certainly made some mistakes and, yet, there are few times in my life that I would ask for a "do over."

While it isn't an easy concept to get one's mind around, I have always believed that I am capable of taking care of today because of all that I managed and took care of yesterday - the past. And because I continue to tend to all that needs tending today, these very moments of life, then I am also taking care of my tomorrows. This belief for me, a letting happen what must and managing it well keeps each and every day real and keeps me in the flow of the seasons - whether in nature or in my life.

I don't mean to imply that the tending, growing, learning, and relating are all easy - they all come with their own set of challenges and opportunities. It does seem though that living in the autumn of my life, there have been enough years of planting and harvesting that I may actually have a few pieces of wisdom to help me manage the ongoing life events of today and prepare for those that in tomorrow's plans.

I invite each of you to consider the season of life that you are claiming today. What are the characteristics that make it so? When you transition to the next season of your life, what will you want to remember? What have you gained that will continue to enrich your life? What have you yet to do in this season?

For the next three months, let's explore the seasons, the characteristics of each that urge you on or make you smile, those that puzzle you and engage you, those that surprise you and especially those that remind you of your gifts to the world. Your seasons may be yours and they touch all around you.

Wishing You Joy in the Season of Your Life,  
Jean



**CHOOSE to...**

...step outside, take note of the season...breathe deeply...smell, hear, see, feel and taste the rhythm that surrounds you...the energy that can infuse you...and now carry it back inside.

## 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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