

The Choice Connection

~ "SNAPSHOTS and SPOTLIGHTS - The Top Ten and a Few Other Resources" ~

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



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CHOOSE TO...

SNAPSHOTS and SPOTLIGHTS - Highlights

Defining moments - those that capture life's special and unique moments. These *defining moments* occur throughout the stages and steps in our life, can contribute to our personal growth and if shared with others may impact the lives of another. As these moments are shared with others, we now run the risk of putting ourselves into a shining spotlight... and now this reveals how others see us. Are we prepared to believe what others see and consider the impact we gift to others?

Quotable Quotes

"Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives." ~ William James

"As I look back...over my life...I am struck by post cards...ruined snapshots..faded posters...of a time...I can't recall." ~ Jim Morrison

"Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all." ~ Sam Ewing

Dear Jean,

SNAPSHOTS - The Top 10 and a Few Other Resources

1. Capture the moments in time. When you add them up - they equal the sum of your life.
2. Scrapbook the "Defining Moments" ~ those that shift your life's direction.
3. Change your attitude and then observe the dancing spotlights in your life.
4. Put on a new lens and enhance your perspective of the discoveries that lie ahead.
5. Recognize the limitations of a situation - sometimes patience is required.



~ A

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6. You are always communicating even if you are not saying anything.
7. There will be more than one story. Each listener will create his or her own.
8. It is the essence of the story, not what you say, that will be remembered, passed on, and communicated to others.
9. Stop posing - go for the "real in-moment" capture.
10. Choose the spotlight or not - just show up!

BOOKS ...

Taking Center Stage: Masterful Public Speaking using Acting Skills you Never Knew You Had - by Deb Gottesman and Buzz Mauro

Project Manager's Spotlight on Risk Management - by Kim Heldman

Write the Snapshots of Life - by Maureen Hand

A Sip of Poetry for Coffee Lovers & Drinkers Alike: Sharing Coffee, Poetry, Love Letters, Stories & Snapshots of Life - Rhonda Cannon-Jones

The INTERNET CONNECTIONS ...

Leaders Under the Spotlight Use Emotional Intelligence - <http://www.articlesbase.com/self-improvement-articles/snapshot-management-leaders-under-the-spotlight-use-emotional-intelligence-332706.html>

9 Quick Ways - <http://www.cheapshooter.com/2007/09/10/9-quick-ways-to-get-snazzier-snapshot-photos/>

Show up Center Stage to Be in the Spotlight of Your Life - <http://www.articlejoe.com/article.php?id=29561&act=print>

Wishing you smiles as you glance through the snapshots of your life and remember the moments you shined in the spotlight,

Jean



CHOOSE to...

...smile and say, "Cheese!" A new day, a new snapshot and thus the potential to realize a new defining moment.

...stand up and share your snapshots, your voice and your story. Your story is your gift to the world and what others will connect to.

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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