

# The CHOICE Connection

Positive strategies. Practical solutions.

constructive  
**CHOICES**  
Jean Strosinski, PhD, PCC, CPT



September 2010 "SEASONS"

Volume 4, Issue 9

## In This Issue

QUOTABLE QUOTES

SEASONS - Highlights

SEASONS - "A Reason for the Season"

CHOOSE TO...

### SEASONS - Highlights

Season #6 (August issue)

...Our Learning - Appreciation of the New, Discovering Our Passion, Choosing Our Goals, Fueling our Intentions, Achieving Success (or Not), Living (and changing) our Path(s), Sharing Our Wisdom - Choose to listen from one season to another!

...our

## Quick Links

[Newsletter Archives](#)

[Constructive Choices Web Site](#)

[About Jean](#)

[The Choice Store](#)

[Articles & Workshops](#)

[Complimentary Coaching Intro](#)

## Quotable Quotes

*"Spring passes and one remembers one's innocence. Summer passes and one remembers one's exuberance. Autumn passes and one remembers one's reverence. Winter passes and one remembers one's perseverance." ~ Yoko Ono*

*"Every season has its peaks and valleys. What you have to try to do is eliminate the Grand Canyon." ~ Andy Van Slyke*

*"Autumn is a second spring where every leaf is a flower." ~ Albert Camus*

Dear Reader,

## SEASONS - "A Reason for the Season"

I can tell it is the month of August because this is the season of sunflowers! I have discovered in New Mexico that sunflowers are abundant along the roadways and show up in places where the earth has been disturbed the year before. They flourish in many unexpected places - sometimes as a single stalk and at other times as if there is a runner buried just below the earth's surface to hold a line of them together.

There is simplicity in the presence and a natural ease in the sunflower's being. It is their season and they shine in the glory of it. They offer a symbol of summer's end and a prelude to what nature will reveal in more glorious color in nature's next season - Fall.

At the beginning of this series' discussion of seasons, I spoke to harvesting what we can from each of the seasons of our lives.

Would you be able to tell another person what you have harvested in the decades of your life? I do believe there are few times that we can share our



[Contact Jean](#)

[Join Our Mailing List!](#)

Sign up for The  
Choice Connection  
Today!

life's lessons and have them easily embraced by another. Other times, it just seems we have to experience it ourselves. We have to be the ones to explore and discover - will it be the same for us if we do it like they did or couldn't we even do it a bit differently and get a different result? There are those times when I would have loved to share with someone else the frustration, the pain, the confusion I have known ... because, hey, that happened to me.

And in those moments of wanting to share ... I am working on become quieter. My experiences will never be another's. My seasons of life cannot be mimicked. My seasons and especially this one are mine until I choose to share - each season shows up in a different color ... with a different sound ... a different feel ... a different touch. My season this year is painted Gold; I hear Vivaldi; I feel the warmth of the air and a slight breeze that moves my hair; and has the touch of a leaf with a smooth undercoat. It could be the sunflower and the words for my season today are ... Look Up.

I invite you to take a few minutes to consider this season of your life ...

- Give it a name ...
- What color is it?
- What sounds do you associate with it?
- What music do you hear?
- What texture does it have?
- Is there a taste you associate with the season?
- Is there a word or two that reflects the beauty of your season?

And then, I invite you to share the experience and the lessons of your season when you are ready to share it - only to share and not to teach.

Wishing you seasons of life's lessons which engage your life's JOY!

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.

...live in each season as it passes, breathe the air, drink the drink, taste the fruit and resign yourself to the influences of each...Some men think they are not well in spring or summer, or autumn, or winter; it is only because they are not *well in* them. (Henry David Thoreau's journal, 1853)

...rest, sit, meander, ponder and reflect on this season of your life...decide if this season is a peak or a valley...what will it take to put the next step forward? Know that beyond each hill is another view and there are many views in just this one season. Live it fully!

---

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 2010, All Rights Reserved Constructive Choices New Mexico, LLC.

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 Newsletter, please, send an email to [jean@constructivechoices.com](mailto:jean@constructivechoices.com) with your request of choice!