

# 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 - What's Coming

We ended 2009 with a look at Growth and Opportunities. For the start of 2010, we will continue this discussion with a look at the steps and stages you have experienced and what have yet to come. Are you in exploration, growth, transition, beginning again or moving closer to retirement? Consider in each of these life stages, what steps you are taking to bring joy into your day...

## Quotable Quotes

*"A weed is no more than a flower in disguise." ~ James Lowell*

*"Experience is not what happens to a man; it is what a man does with what happens to him." ~ Aldous Huxley*

Dear Jean,

## A NEW STAGE and MANY STEPS...What is it that propels YOU?

JANUARY 2010 - Wow....it is here! We have experienced the closure of one decade and are now looking forward to a new one. An ending and now a new beginning. When we were on the brink of a new century some ten years ago, were any of us doing a fast forward ten years? Were we even able to imagine where we might be and what we would be doing ten years out?

Our life is made up of many stages and there are many theories and philosophical viewpoints of these - everything named from childhood to retirement. There are dates and periods of ages assigned to our life stages and most of the life span models are very accurate. In reality we move through stages in our life that speak to discovery, exploration, change, transition, adjustments, retirements, etc. The names of these stages are not so important - the fact that we go through all of them is!

It is important to know that in every stage of our life we have choice, opportunity, responsibilities and multiple learning events. We take what we learn in a previous stage and find new ways to apply that learning to the now, to this very day. The learning we bring with us from one life stage to another and transform into meaningful experiences is a driver for change in our lives.

Within each life stage we find many steps that seem to propel us forward. The steps are varied and without putting one foot in front of another we may find ourselves locked into one stage and no hopeful path forward.



## STAGES and the STEPS to GET THERE - The Top 5

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 the stage to another and to take every step.*

1.

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The next few months, we will explore how to keep on stepping forward and in a positive mode. Ultimately, we can learn how to recognize the ending of one stage and the beginning of another. The steps to get there won't be the same for all of us and yet they will run in parallel with those we are connected to. The stages are not so dependent on a set number of years as much as it is dictated by our personal age and timelines.

Wherever you are now, this is a time to enjoy the current stage and prepare with a few more thoughtful steps. Preparation doesn't have to eliminate your joy of life in this moment. It will, of course get you ready to enjoy what life has in store, or at the very least be ready to handle all that is coming.

Put on your walking shoes ... take a step and then another and make this life stage as full of discovered moments and treasured experiences just waiting around the next corner.

Happy New Year and New Life Stage....

Jean

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### **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!

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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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