



December 2011 "December - An Ending or New Beginning" Volume 5, Issue 12

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### Highlights

I started this quarter's theme with a title of "September - An Ending or New Beginning?" And this month - it is the same question (almost) - "December - An Ending or New Beginning?" This brings home again the point that transitions aren't calendar based for any of us. Transitions are as constant as change in our lives. And while we may not be the initiator of change - we do have to move through it - THAT is your personal transition. Whether you acknowledge the endings,

### Quotable Quotes

*"To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly." ~ Henri Bergson, French philosopher*

*"Just because everything is different doesn't mean that anything has changed." ~ Irene Peter, American epigrammatist*

*"The art of progress is to preserve order amid change and to preserve change amid order." ~ Alfred North Whitehead*

*"Great is the art of beginning, but greater the art of ending." ~ Henry Wadsworth Longfellow*

Dear Jean,

### December - An Ending or New Beginning

Obviously, December is the last month of our calendar year. This month also represents the end of the autumnal equinox and the beginning of the winter solstice.

The month of December in the Christian world represents the beginning of the church calendar and a retelling of Christ's life from his birth forward. On the school calendars it is the end of a semester or term and holds a space open to close out the ending of certain studies in preparation to begin anew. In the government arena, December is the 3rd month in the first quarter and in the middle of the first half of their fiscal year. Is December truly an ending ... is it a new beginning .. or is it in the middle of something else? Well, it is a little of all of these - depends on your view of the world and where your time and life are currently vested.

I have known many individuals that find December to be a



consider the messiness and creativity to come in the neutral zone and, then commit to and move into action and a new beginning - well that is always your choice. It can be a movement bound with struggle or a movement with an intention of grace!

Here's to 2012!

Newsletter topics for next year - *Personal Success, Patterns of Success, Eliciting Greatness* and *Y our Gifts to the World.*

## Tools and Resources

### Books

*"Glimpse of Your Future"*(Personal Transition Series, Vol. 1)  
~ Brenda Hoffman

### The Internet Connections

[John Fisher's personal transition curve](#)

[Articles, newsletter, forums](#)

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holding time, quiet and reflective and almost a time of hibernating. Certainly, it is viewed as a time for increased rest and charging again for renewed energy. Some individuals choose this time every year to slowly bring to a close what the year has offered and make peace with how far they have come ... or not. It becomes a period of reflection. And many are also in a preparation mode - looking forward to the possibilities of what might and can show up in the new year and beyond.

Whether you are celebrating the close of this year and accounting for all your achievements ... or you are reflecting and considering what you desire most of out the new year, you do have an opportunity to choose your pace of movement in the transition. if you are ready to take some time to reflect on what you want to see and be in the new year, try the exercise below.

About 10 years ago, I was given this activity as a gift from my first coach. It is one I have shared for years with many of my clients. It combines a reflection - not of your endings, but of your new beginning ... the new possibilities of what is yet to come.

Find a quiet time and a quiet space, empty of noise or distraction. Take out a sheet of paper, or in your journal, sit quietly for a few minutes before you begin. Then, complete each of the sentences as best you can - jotting down words and phrases to capture what you see for your continued transition.

Consider a new month, the new beginning of 2012 - January 2012

January is the color \_\_\_\_\_

It is the sound of \_\_\_\_\_

January 2012 has the texture of \_\_\_\_\_

It is the shape of \_\_\_\_\_

January 2012 has the taste of \_\_\_\_\_

It is the smell of \_\_\_\_\_

In January 2012 my view (the picture I see vividly from my window) for the new beginning is \_\_\_\_\_.

Wishing you new beginnings that gracefully appear at the end of your transitions,

[Contact Jean](#)

Jean

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

... Recognize the ending ... grieve your loss ... take good care of the end  
... clarify what's next ... communicate your purpose ... create your picture  
... plan and support others in how they will play in the change ... transition  
... be consistent ... ensure small successes ... symbolize the new identity  
... CELEBRATE!

...reflect...tell the truth to yourself...be ready, so prepare...begin talking...listen...consider what you hear...understand the new perspectives...create...have the possibility conversations...embrace the learning from silence...move to your commitment conversations...move slowly...move quicker...take the action.

...own your transitions...make them personal...invest time and thought into what you will end are ending and what you will begin...prepare...be steadfast...speak and share...listen and learn...create, reinvent, and reshift...Stretch...and Stretchhhhhh some more.

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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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