

Subject: A Reflection on Navigating Change



September 2011 "Navigating Change"
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CHOOSE TO...

Navigating Change - A Focus ...

Your success in past endeavors and your adaptability to change, or your resilience, will be strong indicators of your ongoing and future attempts to succeed in the

Quotable Quotes

"Change is inevitable; growth is optional." ~ Joan Halifax

"The world hates change, yet it is the only thing that has brought progress." ~ Charles Kettering

"We are restless because of incessant change, but we would be frightened if change were stopped." ~ Lyman Lloyd Bryson

Dear Jean,

A Reflection on Navigating Change

I sent a book this past week to my niece called "Q&A." The book's format was set up to be a 5 year diary/journal. At the top of each page was a question - one page for each day of the year. And on each page there was space for 5 entries so that the book, upon completion, would contain a record of your answers over a five year period. I was intrigued by this format and immediately considered the impact of this record. Over a five-year period one might actually record the indicators of change in your life. Not just the change of events ... it would also provide evidence of a change in your thinking, your beliefs, what's important and what is not.

Is it true that significant events in our life will challenge our beliefs, our values, our relationships and thus initiate change? I think they must. I find myself, even now, thinking of one a significant change to occur in my life - impending retirement. It is still a few years out and



face of change.

Tools and Resources - A Sample

[Interesting approach to significant change](#)

The Power of One Thing: How to Intentionally Change Your Life by Dr. Randy Carlson

Switch: How to Change Things When Change is Hard by Chip Heath & Dan Heath (Feb. 2010)

Please refer to the August 2011 CC newsletter for the complete listing.

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I am consciously in a stage of preparation for this. I have defined what it will and won't be and ... I have also given myself some leeway and flexibility. I do know that I want to ease into and manage this life change. I can't control it necessarily and that is OK. I just want to make sure that I am prepared on all fronts - physically, mentally, emotionally and spiritually.

In the past few months I have offered some thoughts and, hopefully, some encouragement to shift your perspective that you actually can navigate through change rather than have it pull you forcefully along. If I reflect on how that happens for me, I know it means I have to take these steps...

1. Defining what it will and won't be - no teaching; coaching is whatever it will be; be a team member, not a team lead
2. Prepare - determining what needs to happen before then - letting go of old material and old clutter
3. A little bit of research - still thinking on this one
4. Starting to think in timelines - no specific date, just a year identified; what's important to achieve in each year as the target date gets closer
5. Consider a strategies that make sense now - cleaning out closets; a few more "NOs" to some work and a few more "YESes" to others

I know from past experience this list of 5 elements is important for effective change and events to be successful for me. These steps won't be what you need to navigate and manage change in your life effectively. We are all unique ... so, what will it take for you?

Your reflection for this month is to remind yourself of three times when you navigated through change well. Name these 3 "changes" in your life. Now begin to answer these questions for each of the changes you named.

1. How did you know the change was coming? Or that it was already in the works?
2. What was the first thing you did to embrace the change? The first thing YOU did to get the change integrated into your life.
- 3-8 And what was the next thing? And the next ... (*Note, there may be a list of 3-5 things you did to initiate, integrate, absorb or even facilitate the change. Name them all).
9. How did you know that the change was now just a part of where you were in your life? That it didn't feel so new or different?
10. And how did you explain this change to others?
11. When did you know that it was a successful element in your life?

You have already navigated so many changes in your life ... here's to smooth sailing with the continuing winds of change,

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Choice Connection
Today!

Jean



CHOOSE to...

...Take a deep breath...breathe in...breathe out...prepare for the new...breathe into your heart...accept your intention...adjust your attitude...look behind...smile at what has been...turn forward...open to view the path and others already on it...take the first step.

...remember that it is summer...take the time to collect a favorite book...or pick up pen and paper...get comfortable...consider the change you just initiated...the choice to take a break...to read...to ponder...the time to balance your day and mind...make the day adapt...make you adapt to the day...CHOOSE TO...show up...be present...tell the truth...let go of the outcomes.

...Understand that change is constant...it is inevitable...choose to know that you can grow...or not...that you can steer the change...that you can navigate while you are in the flow determined by another...so...let go of the old. Choose to define it...name it...manage it...and be prepared for the next wondrous change in your life.

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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