

The CHOICE Connection

Positive strategies. Practical solutions.

constructive
CHOICES
Jean Strosinski, PhD, PCC, CPT



December 2012 "Your Gift(s) to the World - A Reflection"
Issue 12

Volume 6,

In This Issue

QUOTABLE QUOTES

YOUR GIFTS TO THE
WORLD - A Reflection

TOOLS AND
RESOURCES - A Sample

THE CHOICE
CONNECTION...An
Invitation

CHOOSE TO...

Tools and Resources - A Sample

*Discover Your
Strengths - The
Strengthsfinder* by
Marcus Buckingham
and Donald Clifton

Discovering Your
Unique Talent

**Sharing Your
Gifts with the
World... An
Invitation to be**

Quotable Quotes

"Blessed are they who have the gift of making friends, for it is one of God's best gifts. It involves many things, but above all, the power of going out of one's self, and approaching whatever is noble and loving in another." ~ Thomas Hughes

"I certainly don't regret my experiences because without them, I couldn't imagine who or where I would be today. Life is an amazing fit to those who have overcome great obstacles, and attitude is everything!" ~ Sasha Azavedo

"Your birthday is a special time to celebrate the gift of 'you' to the world." ~ Anonymous

"Everyone is gifted - but some people never open their package." ~ Buddha Quote

Dear Jean,

Your Gifts to the World - A Reflection

Wow! Are we at the end of another quarter and the end of another year? I have asked myself just a few times this week - if we are truly into the month of December. Okay ... Wow!

This year, for me, has been a gentle reminder of the successes I have enjoyed, the people that have shaped me, the experiences I have participated in, and the learning I have accumulated. Throughout each of these - the successes, the people, the experiences and the learning - I have received an abundance of gifts. I can hardly admit that I knew they were all gifts when I received them. And in some instances there were gifts that I almost walked away from and certainly there have been gifts that I easily discarded or chose



a *Choice Connection* Guest Author in 2013!

I will be changing the formula of my newsletter in 2013. One of my gifts I love to share is my connection to others and giving others an opportunity to shine in the sharing of their gifts.

So...over the next couple of years...I am inviting my connections to share their light.

If you are interested in being a guest author featured in *The Choice Connection*, please send me an email with your gift and you wish to share with our readers. The format in each newsletter will continue to reflect an introduction to the guest author's topic - a few resources/tools and an invitation of reflection.

Quick Links

[Newsletter Archives](#)
[Constructive Choices Web Site](#)
[About Jean](#)
[The Choice Store](#)
[Articles & Workshops](#)
[Complimentary Coaching Intro](#)

to ignore. There isn't any point in fretting about what hasn't come to pass or what I may have lost along the way. It is almost guaranteed that two individuals could experience the same event, even the same presentation of learning and what they walk away with will not look, feel nor be described as the same.

Gifts - there are those we receive that don't always come wrapped in pretty boxes and sometimes they don't even have a tag that identifies whom they are actually meant for. There are the tangible and the intangible - those we can hold and those we can feel.

Gifts - those we share are the ones I find to be more rewarding. Surprisingly, the gifts I have shared over the years were identified by those receiving them - not usually identified by me. The one gift I have been most proud of being able to share is the gift of connection. It started with this gift being received by me from mentors, friends and family. It began to be a gift I could give away when others asked for information of where to go for information, whom to speak with, or what to try out. Truly, most of the gifts I have had shared with others have come to me from those I know, from life's little teachings and my learning.

Now, what about you? I encourage you to take a few minutes to sit, reflect and at the end of this year write or journal about the gifts you have received and most importantly, the gifts you are ready to share with your world. Ask yourself ...

1. What are the successes I am most proud of?
2. Who are the people who have influenced me and who I have become?
3. What are the experiences I have engaged in?
4. What have I learned that strengthens who I am?
5. What are the five gifts I am ready to share with my world?
6. How and when will I start to share these gifts?
7. How will I connect my gifts to share with the gifts that I will also continue to receive?

Gift it ... someone in our world needs what you have to gift. Package it if you must. It is truly about sharing the best you are and yet to be.

In the spirit of sharing my connection with you...joy, laughter, love and a life of gifting are my wishes for you this holiday season!

Jean

[Contact Jean](#)

Join Our Mailing List!

Sign up for The
Choice Connection
Today!



CHOOSE to...

...consider a recent personal success ... your pattern of success in action
... learn the greatness you uniquely have to share ... believe it ... choose
one of your gifts and believe...believe that someone you meet today
needs that gift you have to share.

...know that there is no better time than now...know that you have gifts that are tangible and
intangible...share...give the gift away...name your gifts so others know it as you know it...give
thanks to others as they accept the gifts you choose to give.

...gift from your heart...from the knowledge that you have wisdom, insight and influence to make a
small change in our world...receive and give...give and receive...every day of 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!*

Copyright 2012, 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

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 with your request of choice!