

The CHOICE Connection

Positive strategies. Practical solutions.

constructive
CHOICES
Jean Strosinski, PhD, PCC, CPT



June 2012 "A Reflection – Your Patterns of Success"

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CHOOSE TO...

Quotable Quotes

"The path to success is to take massive, determined action." ~ Anthony Robbins

"Success does not consist in never making mistakes but in never making the same one a second time." ~ G. B. Shaw

"Always bear in mind that your own resolution to succeed is more important than any other." ~ Abraham Lincoln

Dear _____,

A Reflection ~ *Your Patterns of Success*

IN April, when I began this quarter's focus of *Patterns of Success*, I mentioned that I would share mine with you. I have worked with this tool for a number of years and about a year ago had the great fortune to work with my coach and clarifying my personal pattern. Thank you, Rande!

It was a very rewarding exercise. I followed the process as I have outlined it to you in the last newsletter. I shared three (3) stories of personal successes I have had over the years. My coach took notes and then shared some observations of what she heard and what she viewed as repeating steps in my process.

Below is what we uncovered in the storytelling process. I would love to know what you think as you read about my pattern. If you personally know me - does what you read make sense and is there another gem you care to add.

If you have taken the time to figure out your pattern and wish to share, please do.

Jean's *Pattern of Success* - *the Steps I take on my personal path to succeed:*

Your Pattern of Success - A Focus ...

Patterns of Success - You know yourself and you know what steps will propel you forward and which will not. Figure out your pattern and when you hit the wall, you just ask yourself, "Which steps of my pattern have I not yet paid attention to?" And ... start there with new resolve!

Next Quarter ... Let's begin to ... "Elicit Your Greatness"

Tools and Resources - A Sample

(Insert a few samples from FEB issues here)

Please refer to MAY 2012 CC Newsletter for the complete listing.

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1. I identify a personal VALUE that is wanting/waiting to be expressed (i.e. learning, travel, personal growth, etc.).
2. I sense a heightened AWARENESS or experience a TRIGGER - and this awareness or trigger usually brings a possible path of expression of that value to my attention. I get the "Oh, that is important because ..."
3. I begin the RESEARCH - the "Well, that's interesting" Phrase shows up for me and I begin to start digging for more information or checking in with others.
4. The "WAIT" - this is my Patience (with a capital "P") that also comes with a deadline. My definition of 'patience' is that 'I wait for the right information, to show up at the right time so that I can set a date for a decision on how I will move forward at the right time.
5. I process mentally the COST BENEFIT ANALYSIS - I determine if this satisfies my value? Will it bring me more of what I want to be? Or will it take away less of what is blocking my ability to move forward?
6. I make the COMMITMENT - there is no more room for question or doubt about what I will do. There is a surge or creation of energy, motivation and strength.
7. I STRATEGIZE - determine how do I get started? What do I have to do? What's the schedule? I plan.
8. I move to ACTION - one item at a time I being working my plan.
9. I handle the roadblocks and MANAGE the BARRIERS - because there is always at least one that causes me to revise the strategies.
10. I REVISE and REPEAT steps 7, 8, and 9 until...
11. I achieve my goal, complete the plan and experience the personal SUCCESS, and, finally,
12. I CELEBRATE - at a minimum, I share the completion with good friends.

A few things I have learned along the way ...

1. Announcing my desire to succeed clarifies my path and attracts the resources I need.
2. I have to be careful about my step 4. The patience strength, if not tendered carefully, can cause undue pain to others.
3. What I perceive as a success for me may not be viewed as a success by others.
4. Having to handle the barriers and roadblocks along the way pushes me to rediscover my creativity over and over again.
5. The final picture of my success is not quite what I envisioned when I started on the journey - it's often BETTER!

Wishing you repeated successes that shine forth from your **YOU**niqueness and opportunities to amaze our world!

Jean

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Today!

CHOOSE to...

Believe in you ... say “I CAN” rather than “I Can’t” ... figure it out ... stand true and stand tall ... believe in the dream of tomorrows ... and in the strength you have today ... persist ... live your goals as a gift to others.

Dream of more ... picture these dreams in your life as they can be real ... infuse them with your passion and enthusiasm ... believe in only doing your best and always doing your best ... never, ever give up ... learn the lessons every day ... share your standards of excellence ... always, always ... be yourself and be true to yourself.



... Remind yourself of one personal success ... understand it is true regardless of what happened ... and that everything happened for a reason ... identify one belief you have about you ... move into action without knowing the why of the trigger ... share the new success with someone close to you.

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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