

The CHOICE Connection

Positive strategies. Practical solutions.



constructive
CHOICE
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Quotable Quotes

"When you go visiting countries, you start reading the history of the place and you start getting into the culture, and then you have to leave. In my experience, all countries have hidden treasures." ~ Jo Nesbo

"Visitor's footfalls are like medicine; they heal the sick." ~ African Proverb

"The golden moments in the stream of life rush past us and we see nothing but sand; the angels come to visit us, and we only know them when they are gone." ~ Walter Hagan

Dear Jean,

I haven't taken an opportunity to visit with you since last December. One of my gifts to all of you, my readers, has been to offer the amazing gifts of others who have touched my lives. And I am not disappointed in the wisdom, the creativity and thought provoking gifts that have been shared - all born of their passion.

In the last couple of months, I have begun to realize the power of a visit and how we often forget the lasting impression it might have on others. This year, more than others, has created its own special history of visits. So, in addition to my visit today with you, I will relate just a few of the significant visits with others I have shared.

- January's Visit - sharing vacation time in Hawaii with my husband - his first visit. My first visit to the islands was as a college student when my father was stationed on Oahu.
- February's Visit - college classmates combined work and pleasure with a visit here in

NM

- March's Visit - Session 2 of a training workshop - rejoined our training participants
- April's Visit - Special time spent with a dear friend to celebrate a birthday and a momentous occasion - her retirement!
- May's Visit - A visit with my youngest sister after eighteen months of her choice to be estranged from the family. I planned a trip to Arizona to visit with my siblings and took time to surprise my youngest sister in her new assisted living apartment. Our visit was on Mother's Day and a pleasant time for both of us. My visit of a few hours was the last visit I will have with my sister, Pam. She passed away on May 31. Many of you will exclaim at how very sad the relating of this visit is, and yet I am choosing to cherish the joy of having a few hours with her.
- June's Visit - I had visits with two dear friends (both in Oregon) I hadn't seen in years, and a coaching client I had never met in person. How joyful!
- July's Visit - I caught up with one of my international travel buddies who lives a state away, and our 3rd Dad.

I encourage you to consider what is most important in each visit you initiate, you plan, or just give to another - it is the remembering of how very special each person is in your life - how you touch them and they touch you.

In the spirit of sharing our gifts,
Jean

Sometimes

it's the conversation

That lasts for hours.

Other times it's the words

that never get spoken.

Sometimes it's the little kindness
and other times it's the big hug given

at just the right moment.

Sometimes, it's the good cry you share,
and other times it's the good laugh.

These are the things

that get inside the heart

and always stay. ~ Keely Chace



I couldn't have said it better. This verse was from a card I received on my birthday. It touched my heart as the sentiment expresses what I know has been true with so many of my friends - each visit, regardless of how the time is spent are those memories that become a part of your heart.

I usually do a bit of research on the topics I share with you and, surprisingly, there is not much out there to share about the art and impact of the visit. More specifics were given to the formality of the visiting etiquette in prior centuries - so here is a bit of history on the significance and formality given to the art of visiting.

Did you know ...

- A visiting card, also known as a calling card, often bearing an artistic design, in 18th century Europe were delivered by the footmen of aristocrats and royalty to the servants of their prospective hosts solemnly introducing the arrival of their owners.

- The essential convention was that one person would not expect to see another person in her own home (unless invited or introduced) without first leaving his visiting card for the person at her home. Upon leaving the card, he would not expect to be admitted at first, but might receive a card at his own home in response. This would serve as a signal that a personal visit and meeting at home would not be unwelcome. On the other hand, if no card were forthcoming, or if a card were sent in an envelope, a personal visit was thereby discouraged.
- Adopted from French and English etiquette, visiting cards became common amongst the aristocracy of Europe, and also in the United States. The whole procedure depended upon there being servants to open the door and receive the cards and it was, therefore, confined to the social classes which employed servants.
- If a card was left with a turned corner it indicated that the card had been left in person rather than by a servant.
- Some visiting cards included refined engraved ornaments, embossed lettering, and fantastic coats of arms. The standard form visiting card in the 19th century in the United Kingdom was a plain card with nothing more than the bearer's name on it. Sometimes the name of gentlemen's club might be added, but addresses were not otherwise included. Visiting cards were kept in highly decorated card cases.

What strikes me about these facts of the formality of a visit is the time that was devoted to this activity. It seems that at some point in history, a visit was perceived as a significant activity. Would that we could understand the impact and significant it still has in our lives, formal or informal in its conduct.

Tools and Resources

FROM THE BOOKSHELF

There are few resources related to "a visit." Most of my searches turned up articles that posed differing views of the benefits of spending time and visits with family and/or friends or novels that had 'visit' in the titles. Just two interesting links on the internet and very different perspectives.

THE INTERNET CONNECTIONS

[Visiting the Fifty States](#)

[Spending time with family and friends](#)

Reflection

The Visit - Sharing More of Yourself

We know that every visit can make even a little bit of difference in someone's life - be it a phone call, an email, a letter, and best of all time spent in their company. It matters what is said in the visit. And maybe what matters more is that we have given of ourselves and our time. What's called for - more visits ... more time with those who are important to us ... with those that are reaching out to us.

Choose To

Plan a visit ... share the precious gift of your time ... your smiles ... your hugs ... your handshake ... your laughter.

Show up ... unannounced ... lend a helping hand ... offer your support ... just listen ... give of your heart ... touch their mind.

Write a note ... sign a card ... shoot off an email ... send a joke ... insert a picture ... snap a picture ... share a treasure you have held on to for years.

Speak the story of a memory ... and listen to its telling from another ... wonder at the joy of how one memory carries a different picture for another.



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, live their voices, and...
- * Coaches who choose to step out, show up, and say - YES, it IS all about YOU!

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