

The CHOICE Connection

Positive strategies. Practical solutions.

constructive
CHOICES
Jean Strosinski, PhD, PCC, CPT



March 2014 - In This Issue:

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Quotable Quotes

"You can do what I cannot do. I can do what you cannot do. Together we can do great things." ~ Mother Teresa

"Those who have failed to work toward the truth have missed the purpose of living." ~ Buddha

"It is far better to grasp the Universe as it really is than to persist in delusion, however satisfying and reassuring." ~ Carl Sagan

Dear Jean,

Our featured writer this month is Mary Beth Shewan, a dear friend and coach colleague for the past 15 years. A mutual friend introduced us as I was starting my training to be a professional coach. She was convinced Mary Beth and I should co-present a workshop together and that was the beginning of a partnership that has significantly contributed to my personal and professional growth. We still get to work together and I continue to learn and be inspired by her guidance. In the article she shares with us this month, she demonstrates what I have known for years - it is her spiritual compass that directs her life's path. It is the beacon that shines in a revolving motion around her and attracts others into her life. It is her light that will put a smile on your face as you read on. Enjoy her light and smiles!

Mary Beth Shewan is an internationally known Consciousness Teacher, Career/Life Coach, and Radio Show Host. Her life's work has centered on assisting others to awaken their gifts, talents, and personal Mastery. People remark that her wit and humor help lighten the seeming absurdity of life, and those in her spiritual counsel find her calming presence and genuine nature a comfort.

Website: www.wholelifecoaching.com

Radio show link: <http://www.awakeningzone.com/Show.aspx?ShowID=90>

Thank you, Mary Beth!

In the spirit of sharing our gifts,
Jean

Spiritual Intelligence by *Mary Beth Shewan*

"The ability to act with Wisdom and Compassion while maintaining inner and outer peace (equanimity), regardless of the circumstances." Cindy Wigglesworth. Don't you just have to smile when you read her last name? I love her definition of Spiritual Intelligence as I believe this is what we are all looking for and it is the basis of any personal change management. We've known about IQ, and then EQ, now Cindy is talking about SQ, spiritual intelligence.



Remaining peaceful, regardless of the circumstances, must be the true definition of nirvana or heaven. Life goes like this: event, judgment, feeling, reaction. Something happens and we judge it as good or bad, which tells us what to feel and consequently how to react. It's clear though, that our interpretation of the event is completely made up. Otherwise, we'd all agree when X happens, it means Y, every time.

I often get new clients who are looking to leave their current work situation and find their ideal work. They complain about a lack of enthusiasm for life, feeling overburdened, and finding no meaning in their work. From this place, they immediately want to get into "figuring it out" mode. What can they 'do' to make it better, embrace their passion, make a living doing what they love? We cannot, as human BEINGS do more to find our passion and create meaningful work. We must embrace our spiritual/intuitive/creative nature and that means doing less, being still, and listening for our inner wisdom.

Consider this, on a scale of 1 to 10, with 1 being complete boredom and 10 being totally overburdened, if you consider your stress level to be above a 7, you are unable to maintain inner and outer peace. You're off-center and reacting negatively to many of the life's events. You are over-stressed, therefore, you have crossed into survival mode and higher brain functions as well as Spiritual Intelligence are unattainable. Being in the middle range of stress is actually healthy (anywhere from 4 to 6) and because the notion of stress is so subjective, only you can rate yourself on this scale.

High levels of stress become a vicious cycle. If you can't imagine something different or even step back and observe your interpretation of the events around you, it's virtually impossible to make changes. This is where it makes sense to stop the frenzy of activity and feed your lifeforce. What brings you joy? What can you take up that you used to love? I recently had a client reconnect with her love of sewing. She marveled to me how this activity allows her to energize herself. From this centered, peaceful place she's had some epiphanies regarding her true purpose and the type of work that would be most fulfilling for her.

By unwinding and opening up to something which feeds your lifeforce, you strengthen your connection to your spirit and it's wisdom. If you aren't sure what brings you energy, begin with self care: get the sleep you need, drink enough water, eat the foods that are best for you, move your body, get a massage, meditate, watch a beautiful sunset, take a drive, go on a retreat, pamper yourself. It's important to get some time for yourself by disengaging from those over commitments that drain you and use the time to energize yourself.

It's really a very simple concept, we only have so much lifeforce and when it's depleted (or hopefully

before) we need to regain energy. Keeping your tank full allows you to react differently to life, to remain centered, and to imagine the possibilities of what life can be for you. I hope you'll try some of these suggestions as a way to free your mind and attract new opportunities. As you'll read below, prioritizing is necessary for this to work well.

Tools and Resources

FROM THE BOOKSHELF

[Simple Abundance](#) by Sarah Ban Breathnach

[Busting Loose From the Money Game](#) by Robert Scheinfeld

THE INTERNET CONNECTIONS

[Authentic Work Blog Post](#)

[How Do You Find a More Meaningful Career Blog Post](#)

Check out these blog posts for further information on finding the right work for you

Reflection

The Mayonnaise Jar and 2 Cups of Coffee

When things in your lives seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

"Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things--your family, your children, your health, your friends and your favorite passions--and if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house and your car.

The sand is everything else--the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

"Pay attention to the things that are critical to your happiness. Play with your children. Take time to

get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first--the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked.

It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Choose To

...know what is important in your life...know what else matters in your life...know what constitutes the 'small stuff' in your life...set your priorities...and go and have that cup of coffee with a friend...know that this matters!



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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