



The **CHOICE** Connection  
Positive strategies. Practical solutions.

constructive  
**CHOICES**  
Jean Strosinski, PhD, PCC, CPT

## It's Your Best Year Yet ... 2015 ... Is It Time for a Few New Routines?

A Very Special and Happy New Year to You!  
What will make this new year more serene? It's 2015!...

Each new year signals a chance to begin anew. Your opportunity to reflect on your life today, what you already manage well and what you wish to improve. Give yourself a few quiet moments to set an intention for a serene 2015. What do you want to be different and honoring you?

Peace, JOY, and love to you this year!

### 5 Key and Meaningful Intentions I Hold for ME ...

- 1.
- 2.
- 3.
- 4.
- 5.

### 5 New Routines I Choose to Do Differently ...

- 1.
- 2.
- 3.
- 4.
- 5.

### 5 Joyful and Courageous Adventures to Plan ...

- 1.
- 2.
- 3.

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- 4.
- 5.

**5 People to Reconnect With - They Truly Matter ...**

- 1.
- 2.
- 3.
- 4.
- 5.

**5 Opportunities and Challenges to Embrace ...**

- 1.
- 2.
- 3.
- 4.
- 5.

**5 Things I Will De-Clutter and Calm in My Life ...**

- 1.
- 2.
- 3.
- 4.
- 5.

**5 Positive Things to Tell Myself Everyday ...**

- 1.
- 2.
- 3.
- 4.
- 5.

