

# CONSTRUCTIVE CHOICES

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### 1. NEWSLETTER AUDIENCE

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Constructive Choices is a newsletter for:

- \*Professionals wanting to be at choice in their career and daily work,
- \*Entrepreneurs wanting their creative choices to also be constructive,
- \*Small business owners balancing the personal and professional choices of one's dream
- \*Executive, Managers and Supervisors of organizations choosing new directions in the face of change and transition,
- \*Students looking forward to a lifetime of choices,
- \*Individuals wanting to sort through the choices and build a more fulfilling life, and
- \*Coaches who choose to reach out and support the choices of others.

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### 2. COACH QUOTE

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“Opportunity dances with those already on the dance floor.”

By – H. Jackson Browne, Jr. *A Hero in Every Heart* (Thomas Nelson)

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### 3. WHAT'S NEW?

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July is my month for celebrating!! After 22 months and countless hours on the phone, it is official – I am a CU Graduate! I have had enriching opportunities to perfect my coaching and meet some absolutely great folks. The next step – certification. Here's to more celebrations in 2000! What are YOU celebrating?

Constructive Choices continues to grow and expand! A coaching partner, Cheryl Lackie, and I are coaching clients in the corporate setting and offering workshops scheduled for the fall. Also, check out the Business Connection Group offer – info at bottom of the page.

To find out more about coaching, or to arrange to receive a free, introductory “Choice Line“, please call (505) 281-9451 or send an email to [jeanlski@aol.com](mailto:jeanlski@aol.com).

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### 4. BUSINESS CONNECTION GROUPS FORMING

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Do your strengths shine when you collaborate with others?  
Are you ready to discover and grow from your strengths?  
Are you also ready to develop your business connections?  
Consider joining the collective wisdom of like-minded professionals and business leaders in a Business Connection Group.

What is a Business Connection Group?

It is a group of no more than 10 business leaders - sharing similar work challenges and opportunities. We tele-meet regularly to share collective insight and solutions! The Business Connection groups will be formed matching business leaders who share similar interests, challenges and opportunities in a non-competitive arena.

Includes:

24 hour email support  
Brief discussions between scheduled meetings, if necessary.  
Appropriate assessments, when required.

Meetings: 2 times per month for 1 hour.

Fee: \$150 per month

Admission is by interview. To inquire, contact Jean at [jealski@aol.com](mailto:jealski@aol.com) or 505-286-4079.

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## 5. ESTABLISHING A BALANCE ... Setting Goals

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We have all had them and even lost them. We had fun with some and dreaded the effort required for others. Some were easy, others hard. We are driven by some, yet halted by others. You know what they are ... GOALS! These would be the promises and commitments you make to yourself in moments of conscious focus. There have been many in your life and mine. Do you remember striving to get the "A" in Biology ... learning to drive ... interviewing for your first job?

What do they have to do with establishing balance in your life? Everything!

Your goals balance your work with your play, your immediate needs with your long term wants, your space with your time, your energy with your passion(s). So...how do you set a goal to establish the life balance you are seeking?

TIP:

WRITE 3 to 5 short and long term goals. Start, by writing an immediate personal need, followed by an immediate business or professional need. Next, write a long term personal need or want and then write the long term business or professional need. This will give you four goals with a balance between the personal and business areas of your life. What is the fifth goal that will provide an additional measure of balance?

REMEMBER:

SMART goals are specific, measurable, attainable, relevant and are completed within a specified time frame.

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## 6. NEEDS vs. WANTS

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A need is something required to be yourself, fully at your best – resources, people, feelings, situations, or environments – what you must have to be your very best! Satisfying your needs is essential to your evolution.

A want provides gratification, usually temporary. A want is something you acquire because it makes you feel good. Wants can be healthy and motivating.

Both are terrific. However, your NEEDS are not optional and more important to realize to enhance your self growth or development.

- taken from the Portable Coach by Thomas Leonard.

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## 7. READING CORNER

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“PEACE, LOVE & HEALING” by Bernie Siegel, M.D..

“FIRST: BREAK ALL THE RULES” by Marcus Buckingham and Curt Coffman

“WISHCRAFT: How to Get What You Really Want” by Barbara Sher with Annie Gottlieb

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## 8. COPYRIGHT AND SUBSCRIBE AND UNSUBSCRIBE INFORMATION

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