

CONSTRUCTIVE CHOICES

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1. QUOTES –Move and Discover

“Slow down, you move too fast. You got to make the morning last.” – Paul Simon and Art Garfunkel.

“There is a great deal of unmapped country within us.” - George Elliot

2. CHOOSING the HIGH ROAD

It has been a beautiful fall here in New Mexico. During this season, I often think back to our first fall here ...the year was 1986. A new colleague insisted Michael and I see more of northern New Mexico by taking the “High Road” to Taos for our first road trip through the state. So ... we got the directions and mapped the trip out for our first free weekend. Our destination - Taos, to see what we could see. Certainly, it was a longer day trip and through a remote part of the state. We took our time, made a few choices to stop along the road and take in the views - those with different altitudes and attitudes from what we knew of our recent Midwest home. We enjoyed a trip filled with the yellow-gold fall and heights unknown to us prairie settlers. Our gifts – a treasured oil painting (result of buying a \$1 raffle ticket at a church along the way), a historical view of the land and its people, an appreciation for the season of with an unusual abundance of gold, and a longer journey along the less traveled road.

Choosing the High Road was a turning point for us –that day and throughout the following year. We chose to give up all we knew for the unknown. We chose to reorganize our lives to pursue the dreams of youth (living in the west). We chose to learn, question, and reach for more, and always along even higher roads. We left the state of NM in 1990, only to return 18 months later – this time moving to another high road, outside of Albuquerque. It has never been the physical or geographical feature for us, but a state of mind. It is reflected in many of our choices – more obvious maybe in our choice to expand each day’s horizon.

I believe we are offered many roads to travel – some high, some a bit lower. However high the road, I have always found along that higher road

- 1. a new altitude of feeling
- 2. a new attitude of joy, hope, wonder, excitement, discovery and yes, gratefulness.
- 3. gifts and surprises we never dreamed – sometimes received weeks or years after the journey.
- 4. youthful dreams realized.
- 5. a road to personal and professional success.

3. CHOOSE ... the High Road to Success...

Ask - which high road? ...listen to the directions...hear the leaves, see the sky, feel the silence...you are the only one on the High Road now...decide to stop and rest ... feel the openness, the closeness of the sky... it is your high road... what are your questions ... hear the yellow-gold rustling, see the blue above you, feel the warmth of the silence ... where are you going? ... be on the High Road and choose the journey... it is the journey of success... and it is your High Road.

4. READING CHOICES

Patterns of High Performance – Discovering the Ways People Work Best. By Jerry L. Fletcher. I have finished this and I will give it a ***** star rating out of a 5. It was the answer for me to how one can really come to know their strengths while listening to your own stories and their patterns of success. Believe me, it is time for all of us to tell our stories.....highly recommended as an addition to your library.

5. JEAN'S LATEST CHOICES

Surprise! I am still committed to my choice of getting 6 newsletters out to my readership this year. Of course, that means, you will hear from me every month from now through December. It always amazes me as I look back over a few weeks the amount of choices one can make. My new choice - I have committed to connecting with a buddy daily and creating 3 new actions a day. Whew...yes, that's what I thought. But with one day down and this newsletter about complete...I have to say there is something about that special line of support. The choices and actions for me are focused on coaching – who knows might come next, but it is sure to be along one of those High Roads.

Welcome, Penelope, and a special thank you for the first morning light to see my actions through.

WILL YOU HELP, again?

I would be so excited to have my newsletter reach 500 additional folks by the end of this year. Would you choose to forward this e-zine on to five additional people you know who might be interested reading the content. Remind them of the subscribe information at the end. Thank YOU!

The Constructive Choices AUDIENCE:

- *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 their dream
- *Organizational managers 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 to build a more fulfilling life, and
- *Coaches who choose to reach out and support the choices of others.

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