

CONSTRUCTIVE CHOICES

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1. A CHOICE DISTINCTION

“Choice vs. Priority.” When you prioritize, you put in order what you have. When you choose, you can select something from available options or what occurs to you at the moment. - from The Portable Coach – Thomas Leonard “Saying no is another way of saying when...Know your limits. Know when to say no...Remember, you get to decide what’s best for you. Learn to say no and stand by your choice.” - from More Language of Letting Go...May 4...Melody Beattie

2. CHOOSING TRUST

We have probably all heard the saying “trust that feeling.” So...what feeling? This past month of September has provided an abundance of feelings –emotions and support we haven’t had the chance to show or share with others in a long time. For you, is the feeling linked to patriotism, sadness, anger, grief, pride, peace, or struggle? It’s been a difficult month for many of us and maybe because we have so many feelings and some in conflict with another. My take is that it is a bit hard to trust the range of feelings when we may be pulled from one extreme to the other. We, in America, have been shaken up a bit this month and maybe our capacity to trust is also a little shaky and not just when we think about our feelings. What risks will you take – what will you continue to believe in and trust? My list of what I will continue to trust in is below. What would you add?

- 1. I trust that justice will prevail.
- 2. I trust my feelings of sorrow – they will strengthen my compassion for others.
- 3. I trust our government and our leaders to uphold our freedoms.
- 4. I trust my feelings of safety and I will continue to risk every day to experience the joy of freedom.
- 5. I trust my God.

3. CHOOSING To... Trust the feeling...

Be with others...listen to the conversation...hear the mind whisper...did I really hear that...feel it?...speak your heart...open up... it isn’t always what you know, it can what you feel...listen to their response...feel the trust....

4. READING CHOICES

Lighter side – I finished reading the “Mitford” series (as written to date) by Jan Karon. What a wonderful read of a small town community. The characters have become my neighbors. Great insights into the interactions of a community and how they wear exhibit trust.

Business side -

Patterns of High Performance – Discovering the Ways People Work Best. By Jerry L. Fletcher. Just getting started into this one – but it was recommended as a nice follow onto “Now, Discover Your Strengths.” Has anyone out there read this and care to give a review?

Trust and Betrayal in the Workplace - building Effective Relationships in Your Organization by Dr. Dennis and Dr. Michelle Reina. I was fortunate to attend a workshop presented by Dr. Reina - timing was perfect for me and the message was clear. Those of you in New Mexico, we are thrilled to have invited Dr. Reina to speak at our Winter Workshop in March 2002. Visit their web site www.trustinworkplace.com.

5. JEAN'S LATEST CHOICES

Well, here is a choice...revise your goal of doing newsletter every two months and do it just when you feel like it. Well, that would be me following my own suggestion of revising a goal when you need to. The intent in January was to step up the newsletter to every other month. Let's see.... I managed one in February, then June and now in September (and this one on the last day of the month). No apologies for this necessarily...just let's see if I can get back on track and meet the secondary goal of 6 newsletters a year. Of course, that means you might hear from me more in the next few months. :)

The Choice for September – complete Booklet#2 for 2001 – The Choice Line. Yes, it is done and soon to be published. If any of you are interested in a copy. Cost for subscribers will be \$3.00. It will also be available in a .pdf format, if you prefer. Fall choices also include class #2 at SIU, co-teaching the Coaching in the Workplace Certificate Program (UNM Continuing Ed), writing booklet #3, initiating the coach certification process for application in February 2002.

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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