

CONSTRUCTIVE CHOICES

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1. NEWSLETTER AUDIENCE

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 their 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.

2. CHOICE QUOTE

"What are your highest choices for the day?...Master Aspiring to Your Highest Choice."

- from Getting Everything You Want and Going for More by Vicki H. Escude, M.A.

3. WHAT'S NEW?

Happy Heart Month! Yes, I know...it is the last day of February and I am running right under the wire. For me, these first two months could have been the first two days of the new year - they went by so quickly. What an interesting start to this year! Just when I think I know where I'm headed, I get to see a bit more of the plan. There is that "bend in the road" to maneuver and a call to trust in myself even more. January thrust many unanswered questions at me. And then.....February opened its heart and mine, providing answers to the questions at hand and then some.

Revisiting my value of learning was my focus in January. I attended a Lifestyle Planning teleclass and certification - a great way to look at your future and at a pace you can handle now, wherever you are in your life. It was the jumpstart I needed to regain a business clarity and how best to serve client needs.

The focus in February has been to define the opportunities that lie ahead in the year - some of those coming in the answers to the questions I was handed in January.

My first opportunity is to thank a few special people from last year...which is a reminder that constructive choices in the recent past are helping to make this year a special one already.

A special thank you to the following who have all contributed and supported me in the achievements I realized in 2000!

Affirmation and Validation - ALL my clients - (you know who you are!)
Web site design and activation - Carla and Peggy
Booklet #1: Working SMARTER™ published - Sheila
My co-author support in completing the chapter, "Coaching the Art of Life" - Carla
The gift of CoachU connections in NM - Iris
An introduction to corporate coaching - Cheryl
My vision for my 2001 path and continued clarity - My coach, Isabel

4. PROGRAMS and MORE

The **Enhanced Lifestyle Planner Program**....a great tool to

...increase meaning in your life...discover more balance between your personal and professional lives...create a realistic financial plan....establish life goals... write a detailed action plan...and more!

The program is simple. (1) Complete an on-line questionnaire. (2) Commit to two one-hour coaching appointments. First appointment we will review and discuss the report generated by your questionnaire. The second appointment we will begin writing the detailed action plan for one of your life goals.

Cost of the program is \$200. Current clients of CONSTRUCTIVE CHOICES receive the Enhanced Lifestyle Planner program at a substantially discounted price of \$25.00 - the cost of the questionnaire and processing.

To inquire, contact Jean at jean@constructivechoices.com or call 505.286.4079.

And MORE....

Working "SMARTER™ with SMART Goals" is available in booklet soft copy from me. Order at jean@constructivechoices.com. To order the .pdf version, visit www.tipsbooklets.com and visit their Ebooklet catalogue site and check under the "Business" category. The booklet is a great resource to help realize successful goals....finally!

5. LOOKING AT A YEAR OF OPPORTUNITY...

"This time, like all times, is a very good one, if but we know what to do with it." - Ralph W. Emerson

Here we are two months into 2001 and my guess is we have all had at least a few opportunities presented us in the last 60 days. So, the question is - what do (did) we do with them? And what if these opportunities seem to draw us away from where we thought the year was headed or what we had planned for? There are ways to deal with those opportunities that just come along and there are ways to create and manage a few more into your life. The following tips are offered as a thought on what to do with the ones staring at you today. And, if you don't like the one right in front of you, what tip will you use to create an opportunity more to your liking? Have fun in 2001!

1. Enlarge your Circle of Friends. Go beyond the networking, but include into your circle, friends you think a bit different than you.
2. Always Be Open to Possibility. Look for the unlikely, consider the unthinkable, ponder the improbable. Any creative idea is worth a few seconds of your time.
3. Practice Creativity. Intentionally, think of a way to turn every crack-pot idea on its head...this is just practicing...finding the kernel of wisdom or value and then throw the crack-pot idea away.
4. Avoid Being Overly Tied to Your Goals. Use them to keep you on track, but don't let them run your life. Don't drive past those opportunities as you hurry along.
5. "He Who Hesitates is a Damned Fool!" - Mae West. This is the call to action. Remember there are times that opportunity knocks, but only stays at the door for a moment. Respond quickly if you have to.
6. "Fools Rush in Where Angels Fear to Tread." Being able to respond quickly is not the same as being foolish. About 95% of the ideas that come your way will not be worth pursuing. If it's a good idea today, it is likely to be a good idea after a good night's sleep. Balance, thoughtfulness and healthy skepticism are also critical.
7. Assess the Probability of Success. Just because an opportunity could work out doesn't mean it will. A risk management idea....opportunities do have differing probabilities of success.

8. Assess the Potential Payoffs. It is essential to assess the potential for winning big! What were the probabilities that a couple of college students could turn some computer code into an operating system and end up with Microsoft? Low probability, but huge payoffs!
9. Actively Invite Opportunities. Let people know you are receptive to ideas. You don't necessarily have to change careers, just be open and interested. Don't ridicule anything! Every idea is someone's baby and amazingly, most have some value hidden in there somewhere.
10. Assess Opportunities in Terms of Your Values! You know your strengths, your interests and core values (if you don't - here is your first opportunity for a value added discovery). There will be opportunities that will ask you to be something you aren't...you have to live with yourself and you must maintain your integrity! Be true to you!

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6. READING CORNER

Now, Discover Your Strengths by Marcus Buckingham and Donald O. Clifton (follow up to First, Break All The Rules)
A Bend in The Road, Is Not the End of the Road - 10 Positive Principles for Dealing with Change by Joan Lunden

8. COPYRIGHT AND SUBSCRIBE AND UNSUBSCRIBE INFORMATION

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