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### 1. QUOTES –

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“To find and fulfill your purpose, you will be called to let go of where you are and go beyond.” - Barbara Braham

“You’ve got to continue to grow; or you’re just like last night’s cornbread – stale and dry.” – Loretta Lynn

“Learning is not a task ... it is a way to be in the world. Man learns as he pursues goals and projects that have meaning for him.” – Sidney Jourard

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### 2. LEARNING... and LEARNING to RELEARN

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No, you are never too old to learn! And to relearn is to receive the gifts of wisdom, experience, and or new skills from another all over again.

I often wonder why we are sometimes so resistant to change? And what does change have to do with learning? Actually, it is always a result of our learning. To agree to change means you agree to learn. Once you have committed to learn anew or even relearn what you had mastered once before, you have initiated a change in yourself. So, does the reverse hold true? Does it mean that if one resists learning, then one will also find a greater challenge in embracing change? Learning might be simply a gain of knowledge, but that knowledge certainly impacts your perspective and ultimately your choices in action ... those first steps to change.

In some instances, maybe it is the relearning that is hard to acknowledge and commit to. Why would I want to learn it again? Isn't it good enough to have learned it once – wasn't that sufficient? I am not sure I have a good answer for myself to this question. But then what I do know is that while the relearning in the moment is sometimes a greater challenge, the choices that follow often have greater clarity. I am ready to learn the new ... it is the relearning that I often just don't want to admit to choosing sometimes. No, I am never too old to learn ... I just can't imagine how many times I will have to relearn this one task, the one dynamic of working with this person, etc.. Maybe, just maybe, if I chose not to resist the changes around me, the learning would come a bit more naturally. Yes, this would be one of those relearning moments for me!

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### 3. CHOOSE TO LEARN and RELEARN

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What's new or what did I once know? .... This will be your next focus for learning or relearning ... My purpose for learning (relearning) this is ... I have become inquisitive and I am asking the questions ... and my answers are ... what I really want to learn is ... the change I see in me is that I will ...I want to change because ...

Oh, I just learned that ...

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#### 4. READING CHOICE

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“An Introduction to Helping Adults Learn and Change” – by Russell D. Robinson. I found it – one of the best textbooks I had in my master’s program. A small book actually, just 136 pages and a softbound book – the only one we had for our adult education course. Copyright is 1979, so it may not even be in print anymore, but it is packed with great information and I reference it often. Chapter 1 – Adult Learning – a matter of change. Yes learning really will complement the change.

“Simple Abundance – A Daybook of Comfort and Joy” – by Sarah Ban Breathnach. This is a book I pick up from time to time to get into a relearning mode. This last week was a focus on money, worrying about it, paying the bills, financial serenity and spending habits. These were all relearning moments. The change – a new way to approach the holiday gift giving season. Can’t wait to try it out.

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#### 5. JEAN’S LATEST LEARNING CHOICES

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A gift from my husband earlier this year has given me the opportunity to learn to play the mountain dulcimer. I was a piano student through grade school into high school. The relearning is in the notes and how to keep time. Rhythm – well –maybe that’s another story ...and this time on a stringed instrument. What was I thinking? Fun.....yes, fun... and more music in my life. The choice was to learn to play the mountain dulcimer vs. the hammered dulcimer. Next year, I might just add the hammered dulcimer to my list of “I want to learn ...” In this choice, it is a choice to change and take on the new and relearn a bit of the old.

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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 learning 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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