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## 1. QUOTES –

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“Don’t major in minor things.” – from Life’s Little Instruction Book by H. Jackson Browne, Jr.

“Our aspirations are our possibilities.” - Samuel Johnson

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## 2. BEING ON PURPOSE ...

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This phrase sounds so serious, mindful and meaningful when I hear it. I almost shudder and step back a bit. Could it mean that if I am not moving purposefully then I am not being productive? Or if I am not sure of what the purpose is for the immediate task at hand, then could what I am doing be construed as meaningless? Do I even know I am moving with purpose?

This is when the ME that loves to get mired in the details could benefit from stepping back. Time to look at the big picture. I love the details and I love taking care of all the little things ... it is when I feel most productive. I know I can moving to purpose when I am doing all these little tasks but there is a caution that I don’t get so caught up in all the details that I lose sight of where I am headed.

This year started with a rush of activity and I found myself caught up in a hundred small details. Hardly time to think about what’s next. That pace has slowed now and I am currently enjoying a full, but not quite so hectic schedule. A good time to step back a little and see the big picture which for me means looking out at the rest of the year and how I fit all that I want to do, can do and will do in some sort of cohesive framework. There are questions to ask and I am reminding myself not to be in such a hurry to hear the answers. Planning, preparation, breathing, being are all words that come to mind and help keep me focused. The big questions that I do not yet have the answers to ... What do I want the rest of my year to look like? ... or when December 31<sup>st</sup> rolls around, what purpose did I discover for myself? The current picture is a bit fuzzy and may only become clearest when some connections between all the details take some shape or form.

So, today I can plan, prepare, take some time to breathe and be. You might wonder how a person can plan if one doesn’t know where he/she is headed? Time, Space, Aspire, and Connect work for me and might for you as well.

Schedule TIME for yourself regularly - be flexible to share time if you must. It isn’t always about being alone. If you are a collaborator, then your big picture may need others involved in its creation.

SPACE – find it, create it and we aren't just talking about physical space. Clear up the clutter. If the last three months have been a bit hurried, there may yet be a few things hanging on and keep it from being completed. Consider the mental activity you could free up.

ASPIRE – Looking forward helps to move me forward. Holding my aspirations high supports the view of the bigger picture. I may not reach my highest aspirations, but I can try to follow where they may lead. I want to find the inspiration, that excitement that moves me from just being in momentum into a flow and a knowing that I am being on purpose.

CONNECT - I am a list maker but a single daily list isn't what gets me to see the big picture and be on purpose. It is those lists, plus the monthly calendar, the morning writing, the phone calls, the meetings, even the conscious balance between work and home. If I only do the daily lists I am pretty sure I won't see the lines that connect the dots and shape the bigger picture.

To “be on purpose” ... maybe it is the design of our possibilities. For me, that is a little lighter.

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### 3. CHOOSE to “BEING ON PURPOSE”

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1. Schedule 15 minutes today, 30 minutes tomorrow, 45 minutes the next day, 60 minutes the next and continue to keep your “purpose hour.”
2. Empty the thoughts onto paper, into a tape recorder, into a corner ... the world is listening.
3. Reach for the highest spire.
4. Imagine the picture for the path you would take from today's thoughts to reach that spire.
5. Declare your purpose as you connect your actions today with your flow of actions from yesterday.

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### 4. READING CHOICES

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The Active Adult ... actually a series of articles and research related to the housing industry and how to sell to this target population. You may laugh, but the readings are research for a work project and heck, I am almost there. Learning more about myself every day. I do know I much prefer the “active adult” to “senior.”

“*Q is for Quarry*” by Sue Grafton. I love mysteries and this is very much a personal read. This book is a mystery within a mystery. While Ms. Grafton offers a complete solved mystery in her novel, the story line is based on an unsolved case of a young girl murdered in CA in the 1970s. Interesting read.

Please, feel free to share. I know my readers are readers and we are all looking for some great resources.

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### 5. JEAN'S LATEST CHOICES

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Vacation to the UK despite world events ... attendance at the annual ISPI conference in Boston ... presentation on leadership attributes with a panel of colleagues ... taking time to play (summer golf league has started) ... regular visits to the fitness center ... scheduling time ... cleaning up the spaces ... reaching for the spires ... and connecting the dots ... choosing possibilities.

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### 6. REMINDER ... The AFFIRACTION Project

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AFFIRACTION - a strong declaration of positive action(s) taken based on what is believed to be true.

Examples:

I am open to new ideas ... (affirmation)

I create new solutions to meet the challenges in my life! (affiraction; “create” is the positive action; “challenges in my life” are what is believed to be true)

I can. (affirmation)

I rearrange all the “CAN NOTs” into “CAN DOs.” (affiraction; “rearrange” is the positive action; “Can nots into Can dos” are what is believed )

The PROJECT: Over the next 5 months (April through August) I will compile as many affiractions, as I can humanly attempt, into a booklet to share with others who also believe that the art of being comes from our small positive steps in the doing.

My invitation to you: Please, share your affiractions with me. Your affiractions may be a natural reflection of how you “do” or may be born out of your favorite affirmations. I will compile all affiractions I receive into a booklet to share with our larger connected community. You will be acknowledged for each affiraction you submit (by name or initials only, please, let me know which) and receive two complimentary copies of the final booklet as they are printed this fall. Thanks for playing!

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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 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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