

CONSTRUCTIVE CHOICES, Inc.  
P.O. Box 865, Tijeras, NM 87059-0865  
Phone/Fax: 505-286-4079  
Toll-Free: 1-877-319-2901...4079  
Email: jean@constructivechoices.com

\*\*\*\*\*

Issue #03-1, January 2003

TABLE OF CONTENTS

\*\*\*\*\*

1. Quotes
2. The Ending ... Or Times, They are a Changing
3. Choosing time ...
4. Coach Connection
5. Jean's Latest Choice(s)

\*\*\*\*\*

1. QUOTES –

\*\*\*\*\*

“What becomes of lost opportunities? Perhaps our guardian angel gathers them up and will give them back when we’ve grown wiser – and will use them rightly.” – Helen Keller

“ When we see problems as opportunities for growth, we tap a source of knowledge within ourselves which carries us through.” - Marsha Sinetar

\*\*\*\*\*

2. THE ENDING ... OR TIMES, THEY ARE A CHANGING

\*\*\*\*\*

Yes, it is the first day of February and this newsletter comes as a January issue. We have just passed the 31 day mark ... 31 days out of 365, 1 month of 12 or 8% of the year ...that is really all that has passed by us. The new year – always a new start of time and filled with new people in our lives, new events, and new discoveries of the yet unknown. And the title with a reference to “endings.” Well ...there is something about having to end something before we can begin anew. The year seems to have has a course for me in mind and I am still sorting that out. I do have a sense from others that the last days in January felt as if we were already in the middle of the year – not just the end of the first month of a new year. So here’s to the end of January and the beginning of February – the new year 2003.

One would think from the quotes I have included that my focus is directed toward opportunities. No – these quotes speak to me of another discovery - a theme of strength that surfaced and resurfaced in January and speaks to what I might begin to learn anew. I “got it” last week. What surfaced and resurfaced many, many times last month – the idea of strengths. Day 3 of the new year, I lost a bit of physical strength for a couple of weeks; then I achieved a long-term goal and attended a 2-day workshop on strengths; a book review on strengths, co-authored with a dear friend and colleague, was accepted for publication; I found myself teaching a couple of classes on strengths to adult learners; and I was also asked to facilitate and provide feedback to a new work team on their individual and collective strengths. So many strength related issues in one month – is the guardian angel giving them back that I might “use them rightly” because I’ve grown wiser. Well, I could only hope.

2002 was a full year and carried a series of strength all its own. It showed up in CCI business, travel adventures and more importantly, reconnections with others. This year, already – it feels as if the reliance on strength is moving a bit more internally. Maybe this is a chance and a choice to use my strengths in a different way. Could be that this year is going to be a test of my strength – that remains to be seen. However, I do believe it is about getting ready. Feels as if it is time to stretch the strength muscles I just began to flex last year. The first opportunity ahead requiring some strength is a familiar one for most of us – “time.” Again, back to this feeling as if January was a month in the middle of 2003, not the first month of the year. Time – it is always out to manage and to strengthen. Today, it is about the time I can use to strengthen the organization I already have in my life, put a bit more beauty in and become a bit more methodical to strengthen the physical me. For me, the first item to strengthen this year is time.

I invite you to consider the theme(s) that surfaced for you in January. Is it setting your course for 2003? Are you ready to welcome in 2003, if your start for this new year got lost in the last 31 days? Time to stretch and maybe flex the strength muscles you have.

\*\*\*\*\*

### 3. CHOOSE "MOVING ON"

\*\*\*\*\*

1. Reflect on January – the month you moved into 2003
2. Identify what surfaced and resurfaced
3. Determine the strength in this theme for you
4. Picture this strength and/or theme as it can show up this month
5. Move right on into month two ... it's February

\*\*\*\*\*

### 4. COACHES' CONNECTION

\*\*\*\*\*

It is my privilege to introduce you to two fitness coaches, Susan and Jeffrey – two fitness coaches providing extraordinary support as I strengthen the physical me this year. Their specialty is working with you to design a program that gets you moving ... and keeps you moving. Great knowledge between them and they have been where you are. Check out their web site and pay them a visit. [www.simplenoteasy.com](http://www.simplenoteasy.com)

\*\*\*\*\*

### 5. JEAN'S LATEST CHOICES

\*\*\*\*\*

January newsletter goes out anyway – even on the 1<sup>st</sup> day of February.  
Most important is choosing to strengthen the internal workings of my life.  
Time to go back to school – more advanced coach training classes.

\*\*\*\*\*

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.

\*\*\*\*\*

### COPYRIGHT AND SUBSCRIBE/UNSUBSCRIBE INFORMATION

\*\*\*\*\*

Copyright 2003. All rights Reserved, Constructive Choices, Inc.  
P.O. Box 865 Tijeras, NM 87059-0865 <http://www.constructivechoices.com> (505) 286-4079  
Email: [jean@constructivechoices.com](mailto:jean@constructivechoices.com).  
Toll-Free: 1-877-319-2901...4079

You may have received this newsletter from a very thoughtful friend. This newsletter is currently distributed as often as every month (or at least 4 times a year). Feel free to distribute this newsletter in its entirety. Please, include copyright and subscription information. To subscribe/unsubscribe to the CCI Newsletter, please, send an email to [jean@constructivechoices.com](mailto:jean@constructivechoices.com) with your request of choice!