

constructive CHOICES

The Choice Connection

Dear Jean,

Choose To Be Prepared

Choose to... acknowledge what you already have in place.

Choose to... take care of today well.

Choose to... be at peace with what will come tomorrow.

Keep your lists - written or mental, be true to you, and be truthful about what you want to do and can do

Choose to keeping today - your day - as full as you like and real!

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BEING PREPARED; Yesterday... Moving into Today... Looking to Tomorrow

I know that in about an hour and a half I will be leaving for the airport. Admittedly, there is a tug - a rather strong one to get me up and out of this chair and leave the computer. However, I must be doing battle with myself, because I am a bit peacefully typing and mindfully telling myself that I have time. And I do. I have been preparing for this day for over a week or so.



I don't have to leave the house until 1 pm. I chose to set aside an hour from noon to 1 to finish the packing. No, it isn't complete yet, but I have started - I have thought through what I need, and know how I need to make sure I remember everything. And, more importantly, I feel prepared and ready for what's next.

Could I be doing more? Less? Possibly, but this pattern of preparation works well for me. I always have a list that tends to keep my days full. And I actually prefer full days. For me, this keeps my energy high and supports my being focused through the day. And then, the evenings are

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Jean's Latest Choices



* Being prepared... keeping the lists... balancing the work with what I'd love to do in the moment

* More self-care... continued physical therapy

* Painting supplies at the ready

* A stack of books on the nightstand

* Asking for help with a project

* Choosing a focus on financial funding in a fun way.

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my wind-down times - a chance to sit in a comfortable chair and work a few number puzzles - anything that is not related to words. Interestingly, I play with the Sudoku puzzles - more patterns and organizational elements - just not words. What I do know is this pattern of success won't work for everyone.

At a higher level, I came to the realization many years ago (and I have explained this before) that I have been spending my life in being prepared. In 6th grade I knew I wanted to be a teacher and followed a prescribed path to get to that point. However, a few turns ensued and at the time without knowing it I was moving into another career and life path. I didn't consciously choose the preparations, I just took care of each and every day, I took advantage of the opportunities that appealed to me and kept putting one foot in front of another.

My journey, to some, would seem a rather winding course; teacher, US Postal Worker, Instructional Designer, Consultant, Training Specialist, Manager, Performance Coach and Consultant, and Self-employed business owner (*and I don't believe the list is complete, yet*). What I know as I reflect back on my career course and choices, is each work choice was preparing me for the next. I took care of every day so that yesterday was taking care of today (*this very moment*), and if I continue to strengthen how I show up today, well then, tomorrow is also taken care of. There isn't much in this moment that I don't believe I can handle. But then I have some strong support systems and strong faith.

What does being prepared mean for you? Are you the list maker, the list keeper, the organizer, the person who moves with a flow of energy? Are you the leader, the recorder, the follower? Each of us does have a unique way of being prepared or keeping at the ready? What did you do yesterday that is taking care of today and what will you be able to take care of tomorrow? How are you prepared?

If we think about what we do uniquely to stay on top of things, we are sure to have some great ideas to share. And I invite you to send those on to me - I'll be glad to share with the larger group.

Okay, so now it is time to finish packing... it is noon on the dot. And when this newsletter actually goes out, I will have returned from this trip and ready to leave on another. Hmm... I must love to travel!

Quotable Quotes

"A first-rate organizer is never in a hurry. He is never late. He always keeps up his sleeve a margin for the unexpected."
-Arnold Bennett

Quotations

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."
- Winston Churchill

"As I said before, I'm prepared to be prepared and I think that remains the same, you know there's no way to really know what it's going to feel like. I think for each individual it's different."
- Brandon Routh

Reading Choices - Amazon recommends...



1. "1776"
- A review of the year our forefathers prepared, fought and made a bold statement - we are our own country.
- David McCullough

2. "Go Put Your Strengths to Work: 6 Powerful Steps to Achieve Outstanding Performance -

Marcus Buckingham (*a co-author to Now Discover Your Strengths*)

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3. "[StrengthsFinder 2.0: A New and Upgraded Edition of the Online Test from Gallup's Now, Discover Your Strengths](#) - Tom Rath - the updated version of the Strengthsfinder version 1.0 as presented in *Now, Discover Your Strengths*

4. "[The Courage To Be Rich - Creating A Life Of Material And Spiritual Abundance](#) - Suze Orman

April Celebrations - Being Prepared:

Cancer Control Month, Couple Appreciation Month, Holy Humor Month, Injury Prevention Month, Month of the Military Child, National Knuckles Down Month, National Prepare Your Home to be Sold Month, Stress Awareness Month, National Volunteer Week (15-21), National Dance Week (20-29), Innovation Week (22- 28), National Park Week (22-28), No Housework Day (7), Walk on Your Wild Side Day (12), Husband Appreciation Day (15), Red Hat Society Day (25).

For fun and the longer list, check out "[Brownielocks & The Three Bears](#)"

Administrivia

My Constructive Choices AUDIENCE:

- * Professionals wanting to be at choice in their career and daily work

- * New Managers (and aspiring leaders) transitioning to establish a leadership role in their communities

- * Individuals wanting to sort through the choices, build a more fulfilling life, lift their voices, and

- * Coaches who choose to step out, show up and say -

Yes, it IS all about YOU!

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