

constructive CHOICES

The Choice Connection

Constructive Choices, Inc.
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Dear Subscriber,

CHOOSE TO HONOR ...

YOU - your purpose and gifts you will share with others.

YOUR HISTORY – who and what has shaped the amazing person you are.

YOUR DREAMS – hold on, respect them, guard them, value them, they are not for others to choose.

OTHERS - their uniqueness hidden in their strengths, their light that shines from within.

YOUR LIFE – define it ... live it well ... take responsibility with honor.

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"...Honor..."

"Your Honor...", "In honor of...", "On my honor...", "...with honor...", "It is my honor to...", "We bestow this honor..."

It is my honor to take some time in this month of February which, in the U.S. is known as President's Month to touch on the topic of honor. Defined by Webster, honor is "a showing of unmerited respect; good name or public esteem; an evidence or symbol of distinction; one whose worth brings respect or fame; the promise, commitment.



I spent some time last month considering the themes I wanted to address throughout the year. I will chalk that activity up to honoring the challenge I have had in the past with getting newsletters out consistently during the year. In that brainstorming session with my coach, "honor" made my list. And as a client recently explained, honor is "allowing others to find their own path to where they need to go." Honor is an underpinning and focus for my daily work. Many of you know that with my passion for the topic of personal and professional strengths, I strive to offer others a perspective on how we honor ours and others' uniqueness so clearly demonstrated in their natural talents.

Where and how does this unmerited respect come from? I believe it

Jean's Latest Choices



- * Honor the gift of waiting
- * The expertise of others
- * Planning the adventures of this year
- * Honoring the spirit of lightness
- * Injecting fun into the days and weeks
- * Saying yes, when I believe I first might have said no

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begins with a belief in ourselves and a respect for who we are and more importantly how we show up in our world. It is about spending even a minute a day acknowledging what we know, our connections with others, and the giving of our gifts. It is about knowing very well what our worth is, and then connecting its value to where it is needed most. It is about not giving up on our dreams, and managing ourselves well in the face of adversity. It is connecting strongly to others with a respect for who they are, how they hold on to their dreams and manage their specific worth.

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From our youth we have given our honor, bestowed honors, spoken in honor of others and addressed others with honor. And while this often speaks to an honoring of persons – our family, friends, and colleagues, it also speaks to how we honor our country, our beliefs, our history, our character. We are not who we are today without the gifts given or shared from another – be it your parent, sibling, grandparent, mentor, coach, or the freedoms established from those past leaders of our history. The list of whom we honor will undoubtedly be long.

Whom do you honor after you honor yourself?

Right NOW - take a moment to consider your greatness and gifts of your spirit and worth. Consider how you might share that with another. Yes, others need your gifts which might truly allow them to find their own path and move on to where they need to go.

This month from my desk, my work is given to honor each of you.

Quotable Quotes

"You heard the story, haven't you, about the man who was tarred and feathered and carried out of town on a rail? A man in the crowd asked him how he liked it. His reply was that if it was not for the honor of the thing, he would much rather walk." - "

Quotations

- Abraham Lincoln [when asked how he liked being President]

"Show me the man (person) you honor, and I will know what kind of a man (person) you are, for it shows me what your ideal of manhood (humankind) is, and what kind of a man you long to be."

- Thomas Carlyle

Reading Choices - Great Books To Check Out



1. ["Character Strengths and Virtues: A Handbook and Classification"](#)
Christopher Peterson and Martin Seligman

2. ["The Purpose-driven Life: What on Earth Am I Here For?"](#)
Rick Warren

February also honors the following: American Heart Month, International Expect Success Month, Library Lovers Month, National Black History Month, National Time Management Month, Relationship Wellness Month, Youth Leadership Month and Plant the Seeds of Greatness Month. 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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