

constructive CHOICES

The Choice Connection

Constructive Choices, Inc.
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Dear Jean,

CHOOSE - A Fresh New Year!

Choose to refresh.... Know your Purpose and explain the outcome you desire.... Paint the Picture - choose how you want the outcome to look and feel.... Identify your steps and lay out the Plan... choose who will Play and how.... feel the timing.... and... be consistent in your execution.... choose the small successes along the way.... convey the symbol or message.... choose to celebrate and share the fresh and new!

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"Fresh Beginnings"



To continue a thread from the December 2006 newsletter theme of "Endings", I wanted to continue forward to offer some thoughts on "new beginnings" as proposed by William Bridges, the author of "Transitions – Making Sense of Life's Changes."

Mr. Bridges offers some thoughts on why beginnings seem to be strange and scary for some. To paraphrase, he points out that beginnings may:

- resurface some of the old anxieties triggered by the endings....for once and for all the ending appears to be real
- be a gamble....always the possibility it won't work
- trigger previous memories of failure, their punishments.... and aborted attempts
- take away the comfort of what you have been feeling in the transition (neutral zone)

Yes, I do believe "New Beginnings" Can be a bit scary. But, I am also not convinced that in the true sense of the word, we engage in so many new beginnings in our lives. This evokes a sense that I am starting over from scratch - ugh.... do I really have to?

More than these changes being so "NEW" - for me they are old ideas made "FRESH". So, I am shifting my perspective and will begin to consider beginnings as "fresh" and not always so "new".

Jean's Latest Choices



* A fresh look and format for monthly newsletters starting in January 2007 – it is time.

* Declared my Purpose for my 2007 path

* Painted my office

* Acquired new shelving

* Created the Picture of how and where I want to work

* Planned a path and schedule into 2007 considering work and health needs

* Requested the services of a [Virtual Assistant](#) to Play!

Quick Links...

[Constructive Choices Web Site](#)

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Can Use Six Sigma to Make a Difference" -
David Brewster and Gary Calwell

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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