

constructive CHOICES

The Choice Connection

Dear Jean,

CHOOSE TO... Remember with JOY

CHOOSE... to identify all your shining stars... acknowledge their gifts to you...

CHOOSE to be successful for who you are rather than for who you are not... be a shining star for another... embrace joy, love especially in this heart month and all that follow it.

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SHINING STARS... IN MEMORY OF



I designated February's newsletter topic this year to honor the shining stars in our lives - whether they have passed on or still very much present in our lives today. It seems fitting in this month noted for love and friendship to consider that we all have or had some very special people in our lives - those people we look(ed) up to, considered the models for "how to do it right" and just those very special people we were so connected to in heart and spirit.

About two weeks ago I lost a very dear aunt to cancer. She is one of many shining stars in my life. I have since spoken to another aunt and we have shed tears and rejoiced in sharing some special memories of my Aunt Pat. She was so special to both of us. And as my cousin, Ron (also a shining star for me), said... *"we've got so many great and wonderful memories of times and experiences shared with them that the present and the future seem almost less important than what we all carry around in our hearts and heads about one another."* So - very true - what we remember as their qualities live on with us and continue to connect us with them.

There was a special connection between these two aunts and my mother, another shining star for me. These 3 women as sisters-in-law found themselves becoming more as sisters as time went on -

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~ SHINING STARS... IN MEMORY OF ~

Jean's Latest Choices



- [Begin the travel year with a trip down memory lane at Blackburn College \(www.blackburn.edu\).](http://www.blackburn.edu)
- [Connect with friends and family members a bit more often.](#)
- [Share the joys of remembering special people in my life - their gifts and shining examples.](#)
- [Saying "yes" to a few stretches for work... and more research time](#)

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I still hear their laughter and see their smiles as they huddled in a corner checking in with each other. I was also very lucky to be with these 3 women a few times as they were traveling or visiting each other and what they didn't find to laugh at! Laughter, compassion, for each other, pride in family and connections of their hearts make their gifts of time and wisdom shared with me unforgettable - not just for who they were, but for what they believed in and inspired others to believe in as well. Thank you, Aunt Pat, Aunt Rochelle and Mom.

What is it that makes some who touch our lives a shining star? Is it because they become a touchstone for us? Is it that they give us a reason to be more than we are, because they believed that of us, even when we don't? Is it their actions that speak louder than their voices? Or is it their hearts that hold the strings of connections and show a path of love and hope that we sometimes lose in our daily lives? For me, it is all of these things and more - not so easy to put into words, and yet most certainly felt in my heart.

I do have many shining stars, as you all do - many that I have only memories of and others that still show up daily in my life. They keep me grounded, make me whole and infuse me with a renewed energy and purpose when I need it most. I have learned from each of them, of their talents they so willingly offered. They have all been patient teachers and offered wisdom and encouragement when I needed it most. They are the people who have not just allowed me to be who I am, and also allowed me to see more choices that I might consider how and when I can do more for the world.

If you have a few (or many) shining stars in your life don't wait another minute... reconnect, call, let them know how very special they are. And if they are only with you in spirit, reflect with a moment of love and gratitude for who they were and how they allowed you to be and show up as a shining star for others. You are, you know... someone else's shining star!

May the spirit of love and warmth of friendship be yours in this month of hearts and stars!

Quotable Quotes

"You could be dumped in the middle of the Sahara Desert with sand blowing in your eyes and dusk falling - but you'd still recognize your best friend's handwriting."

- unknown

Quotations

"To me fair friend, you never can be old, For as you were when first your eye I ey'd, Such seems your beauty still."

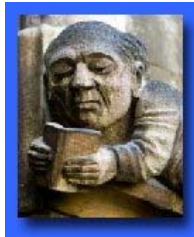
- Shakespeare

"If you have a friend worth loving, Love him. Yes, and let him know that you love him, ere life's evening tinge his brow with sunset glow. Why should good words ne'er be said of a friend till he is dead."

- Daniel Webster Hoyt

"So long as we are loved by others, I would say that we are almost indispensable; and no man is useless while he has a friend."

Jean recommends...



1. [The Rebels of Ireland: The Dublin Saga](#)

Edward Rutherford

~ This author also wrote Princes Of Ireland. I was in the mood to continue reading of the saga of Ireland - amazing political history of a land that I fell in love with 2 years ago.

2. [Living Your Strengths: Discover Your God-Given Talents and Inspire Your Community](#)

Winseman, Clifton and Liesveld

~ Another publication from Gallup on the topic of Strengths that I am just starting to read. Sub-title of the book - "Discover your God-given talents and inspire your community."

3. [True Work: Doing What You Love and Loving What You Do](#)

Michael Toms and Justine Willis Toms

~ cofounders of New Dimension Radio.

4. [Four Secrets to Liking Your Work: You May Not Need to Quit to Get the Job You Want](#)

Edward G. Muzio, Deborah J. Fisher, PhD, Erv Thomas, PE

~ Newly released by a colleague based here in Albuquerque - another book waiting on my bookstand to read... can't wait to read it!

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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