

constructive CHOICES

The Choice Connection

Constructive Choices, Inc.

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~ 2008... MAKE IT GREAT and YOUR PERSONAL POWER ~

Dear Jean,

CHOOSE TO... Make 2008 Great

Choose... 5 KEY GOALS - long-term or short-term - those intentions that fire your spirit and make 2008 an exciting year to step into.

Choose... 5 NEW SKILLS TO LEARN - what have you been putting off and waiting until tomorrow to do... tomorrow is here!

Choose... 5 FABULOUS ADVENTURES - dream, dream, dream - where or what else are you longing for?

Choose... 5 PEOPLE TO CONNECT WITH - there is someone to get even closer to, someone new to establish a stronger connection with, a mentor to choose, or better yet BE a mentor to someone.

Choose... 5 OPPORTUNITIES TO OPEN DOORS TO - have you looked lately at what is behind doors 1, 2, 3, 4, or 5? How can you stretch and grow in this new year?

Choose... 5 THINGS TO LET GO OF - 2007 is behind us and yet there may be a few things we are holding on to - is it time to let go OR is it time to embrace and mold into something different and new for 2008?

Choose... 5 THINGS TO TELL MYSELF EVERYDAY - we do get to choose how we look at each new day, week, month and year. If you woke up every day of the week and said just one thing to yourself each new day, what might you say?

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2008... MAKE IT GREAT and YOUR PERSONAL POWER



For a number of years now in January, I have put out an exercise to my clients with an intention to encourage a stepping into the new year. In one sense it is about closing out the previous year and at the same time allows the individual to consider what they can plan for or look forward to in the coming New Year. I decided this year to share it with all my readers. While some of you have already seen this and even have a

Jean's Latest Choices



Since I asked you to choose and step into 2008 and Make it GREAT... it is only fair that I share with you a few of my Powers of '5'...

1. KEY GOALS - Complete the PhD dissertation, Obtain 4-8 SendOutCards partners
2. NEW SKILLS TO LEARN - Writing a dissertation, Travel sketching
3. FABULOUS ADVENTURES - 30th Wedding Anniversary Trip, A surprise
4. PEOPLE TO CONNECT WITH - Michael, My goddaughters
5. OPPORTUNITIES TO OPEN DOORS TO - Healthier lifestyle, International work
6. THINGS TO LET GO OF - Volunteer responsibilities, No more costly business marketing
7. THINGS TO TELL MYSELF EVERYDAY - 'Gidder Done,' 'Retirement is a Hoot'

You can download your own 'Make It Great' worksheet [HERE!](#)

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worksheet to use, I hope this will be of value to you all.

This is a nice next step to the focus of last month's newsletter topic on setting intentions. Others may consider this a wish list and for some of the categories it may be just that. On the other hand, it is very much about declaring a forward, positive and new path for this year.

This year can also be about declaring your personal power and how you can set things in motion. For me, I have a personal power in the number 5. My life seems to have energy around this number, and driving to the number 5 in my idea generation creates a force and balance for me. Your personal power may discover its energy in a number, or value, or possibly a specific connection you have with a person or place. Whatever your personal power is, now is the time to claim it and its amazing energy.

Inherent in the creation of this type of list is the power of expectation. There is an abundance of research on the power of expectations and how strongly it influences performance and intellectual competence. And on the flip side of this, if we live in an environment where there are negative expectations, our performance may actually confirm those negative perceptions of others. So, this may be an even better reason for us to think forward, and provide ourselves more positive expectations for this new year.

The research also supports a radical idea of becoming your own best teacher, taking a responsibility for your own learning, so that you can truly become your own best educator and learner. And what do the very best educators do? They see the talents of learners and recognize the great potential for strengths. They reflect an attitude that isn't about 'fixing-it' but rather an attitude of GROWTH. And YES, your list is all about growth!

My wish for all of you in 2008 is that you experience the power of positive expectations and discover a GREAT 2008!

Quotable Affirmations

With our bodies strongly planted in 2008 I thought it appropriate to start out the year with 5 "AFFIRMATIONS" - those positive statements reflecting who you wish to be / become. You can take these on to be the positive words you give yourself every day. Some of you, I know, prefer a more action-focused statement. Here is your chance to create your own personal "AFFIRCTIONS" - those positive statements that reflect how you will move from who you wish to be to how you actively and positively show up in the world through your daily actions.

Quotations

These affirmations come from "The Don't Sweat Affirmations" by Dr. Richard Carlson © 2001. from the section titled, Power to Choose...

1. "My future is unfolding according to the dreams and goals I choose right now."
2. "I accept change as a positive force in life."
3. "My future is filled with abundance and joy I choose for myself today."
4. "I am the architect of my life, and I choose joy, prosperity, love and soulfulness."
5. I have the power to choose what is important and what is

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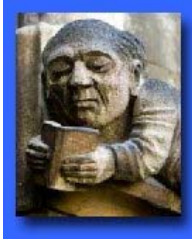
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small stuff in my life."

Jean recommends...



1. Plum Lucky (Stephanie Plum Novels)

Janet Evanovich

~ Yes... I have been hooked on her books for awhile now. There isn't a book I don't read of hers that soon has me laughing so hard that I begin to cry. Just today, imagine a guy who thinks he is a leprechaun and can only be visible without clothes running around a car wash. Why, you ask... you will just have to read it!

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

Marcus Buckingham

~ More research on the topic of strengths and a 6 week plan on how to use your strengths more focused into your work. I am getting deeper into the dissertation literature review and...

3. StrengthsQuest: Discover and Develop Your Strengths in Academics, Career, and Beyond

Donald O. Clifton and Edward Anderson

~ How to discover and develop your strengths in Academics, Career and Beyond. A chance to take the Strengthsfinder® again to affirm your top 5 signature themes.

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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