

# constructive CHOICES

## The Choice Connection

Constructive Choices, Inc.

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- FOCUS... LETTING GO... FOCUS YET AGAIN -

Dear Jean,

*CHOOSE TO... Focus and Live in Flow*

CHOOSE to ... reflect on your year's focus... consider what is in the way... let it go

CHOOSE to ... get in touch with a new flow or rhythm... renew and reengage your focus

CHOOSE to ... know that you are on a new and energized path... evolve your intentions

CHOOSE to ... move along... clear the way... let go of a bit more

CHOOSE to ... focus yet again.

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### FOCUS... LETTING GO... FOCUS YET AGAIN



Yes, it IS already March 2008, the start of the 3rd month of what was just recently considered a new year. And at the end of this month, we will have completed a full quarter of 2008. This isn't meant to alarm you or me - only present a chance to actually take notice of that poke in our sides or listen to that small voice that seems to urge us to 'get on with it.'

Get on with what? If you are any bit human, I am guessing that there is at least one (and in my case quite a few) items on the New Year 2008 list that have yet to receive one ounce of focus or consideration. Yes, we did in fact consider new intentions, plans, or goals just two months ago.

I know what the answers are - I play them over and over in my

### Jean's Latest Choices



- Read and read some more - the focus is to complete a review of literature by the end of March.
- Declutter... closets, desktop, office, bookshelves.
- Create more space to think, ruminate, consider more and less.
- Using that one strength of my top 5 that I haven't used much lately
- Rethink business priorities and shifts that may clarify a new path or two.

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mind when I look at my list. *"There are other things I need to get done first"... "I don't have enough time, money, space, etc."* Time and 'other things' that get in the way are the most common phrases I hear from myself and others.

And here is the MARCH opportunity. We are starting into the third month OF 2008 and we are beginning to have a sense about how our year is shaping up. So maybe now we can honestly look back at our list and realize that there are a few things that just don't fit with this years flow and rhythm. We thought it would be one type of focus and now it just doesn't feel right. Or have you discovered something else that you would love to give attention to and also feeling like there is not room for one more thing on your list?

I told my coach about a month ago that 2008 was about reshaping - business, retirement, health, body, office, etc. The idea of reshaping has begun to take on a new meaning and focus for my year. If something is a barrier and standing in the way of supporting my focus (whatever that is in the moment), then I have decided it is time to consider letting it go.

Engaging your focus is also very much about checking in periodically and really letting yourself become enthused about your next steps and knowing what supports the focus you wish to engage. It is also about being a little easier on yourself when you may have lost a focus and knowing that now you are attempting to find a way to focus... yet again. Timing and resources can be everything. Knowing what these are for you specifically will support a reengagement of your focus or a discovery of a new focus and flow. And if you have to let something go to regain that focus, then know that that 'something' was there when you needed it, served its purpose, and possibly even held the space or paved the way for what you now need and if you don't need it now, then it is time to let it go.

Focus... we know it is about having a strength in our intentions, producing an energy in movement, being in flow, understanding the rhythm of life moving around us and we also know what it takes to get it back. Focus yet again and yet again... there is a rhythm in life and throughout the year many times over. We have it, we let it go, and we get it back again. Make it happen because 2008 is your year to make great.

### Quotable Quotes

*"The first thing I do in the morning and the last before I go to sleep at night is clear my thoughts and simply live in the moment."* - Richard Carlson

*Quotations*

From *More of Letting Go* by Melody Beattie: a few reflection and meditation themes for the month of March - your chance to emphasize the need to let go and move into a new flow.

March 1 - Learn to say 'whatever'  
 March 3 - Don't take storms personally  
 March 6 - Neutralize conflicts

March 9 - Know your limits  
 March 14 - Learn something new about yourself  
 March 20 - Let go of what others think  
 March 26 - Say 'whatever' with as much love as you can  
 March 28 - Let go of outcomes  
 March 30 - Go with the flow  
 March 31 - Change What You Can

I invite you to check in on these days, use the appropriate theme and reengage your focus for 2008.

### Jean recommends...



1. [I Heard That Song Before: A Novel](#)

Mary Higgins Clark

*~ My escape reading by the Queen of Suspense. A quick and light read - even if it is a murder mystery.*

2. [More Language of Letting Go: 366 New Daily Meditations \(Hazelden Meditation Series\)](#)

Melody Beattie

*~ 366 New Daily Meditations - reflections on the joys and challenges that relationships present every day - pointing the way to healing, hope, affirmation and change.*

3. [The Artist's Way: A Spiritual Path to Higher Creativity \[10th Anniversary Edition\]](#)

Julia Cameron

*~ A Spiritual Path to Higher Creativity - for creative people in all walks of life. An all-time favorite of mine.*

### 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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