

# The Choice Connection

~ "JOY - Rediscover It, Choose It, Share It, Live Fully in JOY " ~

Constructive Choices, Inc.  
Discover and acknowledge your strengths...



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Choose To...

ADMINISTRIVIA

## Joy - Highlights

Joy is the connector for our living in peace and harmony with ourselves and others.

Joy is an emotion evoked by well-being, success or good fortune or by the prospect of possessing what one desires.

Joy is as spontaneous as breathing and equally delightful.

## Quick Links

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## Quotable Quotes

*"The secret of joy in work is contained in one word - excellence. To know how to do something well is to enjoy it." ~ Pearl S. Buck*

*"We choose our joys and sorrows long before we experience them." ~ Kahlil Gibran*

Dear Jean,

## Tools/Resources

Maybe today there is little in your life to be joyful about...and yet...there is a world of resources and gifts that open possibility, the imagining that JOY can be!

### BOOKS:

1. A Thousand Names for Joy: Living in Harmony with the Way Things Are ~ Byron Katie & Stephen Mitchell
2. Attitude of Gratitude Joy Journal! ~ Charles Eduardo (available on amazon.com)
3. Joy of Cooking: 75th Anniversary Edition - 2006 ~ Irma S. Rombauer, Marion Rombauer Becker, & Ethan Becker
4. This Is Your Brain on Joy: A Revolutionary Program for Balancing Mood, Restoring Brain Health, and Nurturing Spiritual Growth ~ Dr. Earl Henslin
5. Joy at Work: A Revolutionary Approach To Fun on the Job ~ Dennis W. Bakke
6. The Joy of Not Working: A Book for the Retired, Unemployed and Overworked- 21st Century Edition ~ Ernie J. Zelinski
7. Tap into Joy: A Guide to Emotional Freedom Techniques for Kids and Their Parents ~ Susan Jeffrey Busen

### WEBSITES:

1. "How Much Joy Can You Stand?" ~ <http://www.howmuchjoy.com/>
2. JOY Holiday cards ~ [http://www.cardsdirect.com/holiday/christmas/joychristmascards.aspx?utm\\_source=yahoo&utm\\_medium=ssp&utm\\_campaign=clp](http://www.cardsdirect.com/holiday/christmas/joychristmascards.aspx?utm_source=yahoo&utm_medium=ssp&utm_campaign=clp)
3. Just For Fun and the Joy of It ~ Buddy Bears. <http://www.buddy-bear.com/>
4. Joyful Living Organization ~ People in Service <http://www.joyful-living.org/>



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5. Writers Journal --

[http://www.writing.com/page/writing\\_journal/writing\\_journal.html](http://www.writing.com/page/writing_journal/writing_journal.html)

6. Awesome Power: Giving, Gratitude, & Joy Journal ~

<http://authenticgiving.squarespace.com/>



### **CHOOSE to...**

... smile ... giggle ... laugh ... guffaw ... grin ...

beam ... chuckle ... snicker ... hoot ... radiate ... shine - express JOY!

... consider the one thing today that when you stop and breathe, look around and smile, you see and remember the JOY of a moment - just like this in another place on another day. Relish the memory and remind yourself ... JOY is your choice to take in and then hand off to another - oh, for the JOY of it.

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## **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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