

The Choice Connection

~ "GROWTH - Remember Yesterday's Dreams and Relish Today's Opportunities " ~

Constructive Choices, Inc.

Discover and acknowledge your strengths...



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Stay Tuned...

In this fourth quarter of 2009 we are remembering our dreams and considering our growth as we find ourselves living in today's opportunities. In our youth we design our dreams and believe we

Quotable Quotes

"Dreams come in a size too big so that we can grow into them." ~ Josie Bisset

"Opportunity dances with those who are already on the dance floor." ~ H. Jackson Brown, Jr.

"How we spend our days, is of course, how we spend our lives." ~ Annie Dillard

Dear Reader,

**GROWTH - Remember
Yesterday's Dreams and**

are set on a path to achieve them. Along the way we may make some detours and may even come full circle in both our personal and professional lives. The instigator - GROWTH! Each teachable moment in each day pushes us to grow in mind and spirit. And at the end of each year we find ourselves to be more than we ever imagined.

Tools and Resources - A Preview

Books:

1. List Yourself: Listmaking as the Way to Self-Discovery by Ilene Segalove and Paul Bob Velick
2. Personal Development for Smart People: The Conscious Pursuit of Personal Growth by Steve Pavlina

Websites:

More Growth Quotes -
<http://www.squarewheels.com/content/persgrowthquotes.html>

Variety of resource books on topics related to Managing My Life.
http://www.constructivechoices.com/manage_my_life.htm

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Relish Today's Opportunities

I knew from the time I was in the sixth grade that I wanted to be a teacher of little kids. I designed my education toward fulfilling that dream. I even knew that after I taught two years I was going to apply to teach for the Department of Defense in their grade schools overseas for dependent children. I had some wonderful teachers in that school system and I was ready to travel and teach. I did apply to teach in schools for the DoD and was in my last round of acceptances before I set aside that dream. And yet, teach I did - for 6 years full time and then substituted and tutored for another two.

Teachers were plentiful when I graduated from school and somewhere along the way, I took a detour from the teaching path and found myself working for the US Postal Service. Four years in a small town post office and then another four years in a capital city post office. Somehow I found myself training colleagues on window procedures and with a gentle nudge from my husband, back in school to get a master's degree. And ... this time I found myself learning adult education principles. The next career found me with a title of an instructional designer writing training courses and lessons for workplace training programs. Eight more years (there IS a pattern here) and after leaving a management role, I started my own business and began a blend of professional coaching, teaching and designing/developing training. I am now into 9 years of being a business owner (a new pattern maybe) and even now wondering what could be next? I am not so



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unlike anyone else - wondering what else I can be when I grow up.

Each fall I teach a class in career management/career development for a graduate HR Management program at Webster University here in Albuquerque. I love teaching - detours aside, I never really left my first love. It isn't exactly the dream I designed so many years ago and it hasn't actually follow the course I intended it to take. And truly, what a wonderful and more illuminating path it has been - when I allowed myself to grow into the opportunities in front of me. If given the opportunity to peer into the future I would never have believed that I would have my own business and incorporate teaching in such a variety of ways. And yet, looking back, I can attest without a doubt that I grew into each job because of the one just prior. It isn't just the education - the book learning - that has made my life fulfilled - it continues to be each and every experience. Every day I learn something new about some thing and about myself.

This weekend was a great time to remember my dream - we were celebrating at a 35 year reunion from our undergraduate college. Connecting with friends we went school with and hearing the stories of other dreams and detours taken reaffirms the knowledge that we can always plan and dream ... and then we can take hold of the opportunities and grow in ways we could never imagine. We laughed and shared some stories too funny to believe and reaffirmed that our four years at Blackburn College (www.blackburn.edu) with its unique student work program shaped and molded our paths forward.

The message at the College's Sunday morning services says it all - "At Home Anywhere." Growth



does indeed take us on a few journeys and sometimes down paths not anticipated and yet we can make the journey part of the road home. And as the saying goes - home is where your heart is. In this case, growth with your heart fully engaged.

Shine the light, water your being, and observe your own growth. It might be slow. It may even seem irrelevant at times. What it really is - growing your life one moment at a time, one step at a time, one detour at a time and then maybe, just maybe it shows up one day as a one full circle of opportunity.

With Joy,
Jean



CHOOSE to...

ask and remember - what did you want to be when you grew up? And now what do you want to be when you grow up? Oh, yes - we are still growing, aren't we? Remember the light that fills your whole being - each day...a new you!

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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