

# The Choice Connection

~ Triggers - Moving Into Action ~

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



Jean Strosinski  
MA, PCC, CPT



## In This Issue

### QUOTES

*Triggers - Moving Into Action*

### STAY TUNED...

### TOOLS/RESOURCES

### CHOOSE TO...

### ADMINISTRIVIA

## Quotable Quotes

*"A person's "Success Mechanism" is actually triggered or activated by goals. For example, if a business person has set a goal to enroll one new client each week, his or her commitment to achieving that goal will tend to make him or her work harder, or go the "extra mile" in an effort to meet that commitment."*

- Devin Bull

*"The human mind, once stretched by a new idea, never regains its original dimensions."*

- Eric Klein

## Quick Links

Newsletter Archives

CCI Web Site

About Jean and CCI

The Choice Store

Articles & Workshops

Complimentary Coaching Intro

Contact Jean

## Triggers - Moving Into Action

An event that initiates others, or incites a response.

Originally *tricker*, from Dutch *trekker*, from *trekken* ("to pull").

New Year's Eve is a trigger for all of us - an event that pulls us right into a new year. It is the event that kicks off a start to something bigger and yet unknown - 4 seasons, 12 months, 365 days - and every day from then on may be filled with triggers that propel us into motion and onto various paths of activity.



More important, do we recognize the triggers for what they really are? They are what pulls us or propels us forward - they are not the output, nor the end result. They are not even the start, but rather the initiator (or ignition) to our starting. They can be what some of us might refer to as the 'jumpstart.'

Are you aware of the triggers that have occurred in these first 15 days of 2009? Have you chosen to acknowledge that the triggers are the initiator, the 'jump-start' to a new beginning? What path have they moved you on to?

The implication from any trigger is that a move to action will follow. And so it is no surprise that the most common examples of what triggers move us to in January are our New Year's Resolutions, Intentions or Goals (choose the word that fits your action style).

## Highlights

A new format for the CCI newsletter content is in the works! Instead of 12 different and unrelated topics throughout the year, there are 4 topics for this year. In the first month, you will read

through a bit of background and discussion. In month 2 there will be a focus on Tools and Resources and in the 3rd month the focus will have you jumping into the waters and reflecting on the topic. Our first topic for this new year is *TRIGGERS* - watch for the tools and resources in the February issue.



## Tools/Resources (A Preview)

### Books

**\* Mastering the Seven Decisions That Determine Personal Success**  
by Andy Andrews

*- An owner's manual to the New York Times bestseller "The Traveler's Gift"*

### Web Sites

Lee Ann Womack, [I Hope You Dance](#)

[Join Our Mailing List!](#)

Sign up for the  
Choice Connection  
Today!

There was a thought, event, etc. that pulled or propelled you to choose the resolutions, intentions, or goals that you did. And whatever that might be, now is the time for action.

According to Andy Andrews, the "Active Decision" is one of the seven decisions that determine personal success. He has a convincing argument when he says without action, none of the other decisions are useful. He quotes, Colonel Joshua Lawrence Chamberlain from the "Traveler's Gift" and reminds us that, "My future is immediate. I will grasp it in both hands and carry it with running feet. When I am faced with the choice of doing nothing or doing something, I will always choose to act." If the trigger presents itself in the form of a decision to be made, an observation to note, a response or interaction with another, you get to choose how that trigger becomes the ignition to move.

In my research, I discovered a model of how successful social movements occur as they rely on a trigger to pull social movement forward. There are four phases in this model and they are: 1) the steady state, 2) a build-up of stress in the system, 3) seen as a problem and 4) resolution. In the steady state, it is business as usual. It is the second phase when there is a build-up of stress, when normal channels are pulling, conditions ripen, the Trigger event occurs and then there is a take off. The third phase depends on trials and wins that will move the outcome of the social movement to a resolution. A clear description of the power triggers have in our movement in life.

We all have plans to make, connections that will occur, activities we can be a part of and changes to transition into - all of this and more in 2009. Happy New Year, Happy Triggers and Happy Movement. And, as Leann Womack sings, "when you get the chance to sit it out or dance, I hope you dance."

Warm Regards,  
Jean

Constructive Choices, Inc.



*CHOOSE to... make a decision of action and inspire others with your activity.*

## 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!*

Constructive Choices, Inc. | PO Box 1363 | Sandia Park | NM | 87047