

# The Choice Connection

~ "SNAPSHOTS and SPOTLIGHTS - What's Coming" ~

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



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#### SNAPSHOTS and SPOTLIGHTS - What's Coming

We started this year talking about the steps and stages of your life and how it relates to our growth. Now for the snapshots - the pictures that capture the defining moments in our lives. And then there are the spotlights - those moments that are highlighted and put up on stage for all to see. Stay tuned for more on our defining moments and how we share with the world.

## Quotable Quotes

*"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes." ~ Marcel Proust*

*"All we see of someone at any moment is a snapshot of their life, there in riches or poverty, in joy or despair. Snapshots don't show the million decisions that led to that moment." ~ Richard Bach*

*"I felt extremely uncomfortable as the focal point, in the spotlight. I really like the behind the scenes role, because all my freedom is there." ~ Brian Eno*

Dear Reader,

~ A

### SNAPSHOTS ... SPOTLIGHTS - The Top 5

1. Capture the moments in time. When you add them up - they equal the sum of your life.
2. Scrapbook the "Defining Moments" - those that shift your life's direction.
3. Put on a new lens and enhance your perspective of the discoveries that lie ahead.
4. Choose the spotlight or not - just show up.
5. Change your attitude and then observe the dancing spotlights in your life.

~ A2.

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## SNAPSHOTS - Defining Moments in Your Life

I have always loved having a camera in hand to capture the special moments of life - especially when on travel or sharing time with family. Surprise! Today we can see the outcome of moment's capture in real-time due to the wonders of digital technology. And yet, when looking at the result of that photo capture, I often wonder - is this what I really saw? Well, pictures don't lie - or so someone said. And today one can always go back and modify the actual capture of that moment - think Photoshop.



Maybe not so different as we think of the snapshots taken through our lives. I have come across the phrase, "defining moments," a few times in the last two months. It has made me think that these defining moments are, in fact, a capture of life's special and unique moments. I am not sure that if I were to look back at all the special and unique moments of my life I would refer to all of them as defining moments. And yet ... for all those that stand out, there are certainly some moments in my life that have influenced a new direction. For me these decisions as a result of a defining moment moved to a new way to be, gain a new perspective and consider where I was and the next path's direction. One can't necessarily go back and photoshop that moment and change the view of that moment. However, those moments influence all those that come after that special second in time.

As it says in the quote by Richard Bach - snapshots don't show the million of decisions that led up to that moment. How did you get to be there or with others in the snapshot? And the snapshot will not even show the millions of decisions that will come after that moment in time - some that may be made as a result of where you were and whom you were with.

Whether a snapshot shows you in a favorable or unfavorable light - those moments can't be erased. We can make a few new decisions, change the space, the lens, the lighting and attempt to capture the moment again. And yet it will not quite be the same. The moment has passed and something will have changed. With it our view and our thinking - and from that we get to create new decisions that are reflected in new thoughts, new directions and new paths. Defining moments occur throughout the stages and steps in our life as we looked at in the past 3 months. They can contribute to our personal growth and if shared may even impact the lives of others.

Sharing the moment, a snapshot in our life may sometime result in our being in the spotlight. Many who know me well know that being in the spotlight is something I tend to shy away from. I wholeheartedly agree with Brian Eno's quote that it is uncomfortable to be in the spotlight. I do prefer the greater freedom offered when I can be in the background.

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Those feelings of being uncomfortable when on center stage marked decision points that consciously led to my choices to be an instructional designer, not a trainer, to be a volunteer and participating member and not a leader.

Oh, and then somewhere along the way a series of those decisions backfired - I have been the trainer on numerous occasions and the leader more times than I would have dreamed of. I am beginning to believe that someone has that very special snapshot of my defining moments - those moments backed by millions of decision. It is the shining spotlight that reveals how others see me, which is not always how I believe myself to truly be. Their picture of me can make my eyes pop open.

Hmmm...does this now become a new defining moment ... where I begin to see myself as others see me and make choices that stretch me and have me step into the spotlight more often?

Wishing you smiles as you look over the snapshots in your life and remember the moments you shined in the spotlight,

Jean

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

...smile and say, "Cheese!" A new day, a new snapshot and thus the potential to realize a new defining moment.

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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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