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BOOKS

*Reflections on the Art of
Living: A Joseph Campbell
Companion* by Joseph
Campbell

*Memories, Dreams,
Reflections* ~ C.G. Jung,
Aniela Jaffe, Clara Winston
and Richard Winston

INTERNET

[Reflection for Learning -
Why Reflect?](#)

* For more resources, check
out the November 2010
issue.

Quotable Quotes

"It is not a guiding spirit that reveals to me secretly in a flash what I must say or do, but thought and reflection." ~ Napoleon

"The man who views the world at fifty the same way as he did at twenty has wasted thirty years of his life." ~ Muhammad Ali

"Reflection is the beginning of reform." ~ Mark Twain

Dear Jean,

REFLECTION - The Words, The Language, The Act of Reflection

Joy to you this December 5th!

And just where did this year go? Have you heard that phrase a few times these past few weeks? That question alone can appropriately move us into a period of reflection - at least for the year that is soon to be at an end.

I have been aware of the power of reflection - looking backward on what was. What did we dream, what did we wish for, hope for, long for? And then ... in a moment of reflection, the thought shifts forward. Do these reflective moments actually move us forward? Does thinking about the why and what was before, gently shift us forward - thinking of what can be next? Does a reflective path effortlessly create a circle within our thinking - moving us in a 360 degree direction?

The thoughts above are only one direction for reflection and its power over thought. Consider these definitions below that offer great synonyms - words we all use to explain our mode of reflection.

Reflection as a noun and meaning "thought, thinking" - absorption, brainwork, cerebration, cogitation, consideration, contemplation, deliberation, idea, imagination, impression, meditation, musing, observation, opinion, pensiveness, pondering, rumination, speculation, study, view

Reflection as a noun and meaning "mirror image" - appearance, counterpart, duplicate, echo, idea, image, impression, light, likeness, picture, representation, reproduction, shadow

As I read these meanings of reflection, the more striking words are those that speak to the meaning of the 'mirror image.' What I see



Do You Have Something to Share

The 1st quarter's topic in 2011 is *Building Alliances, Partnerships and Connections*.

You are invited to share your thoughts or questions in the newsletters. If you have any resources or favorite quotes to share with the readers, please send them along also.

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in the mirror encourages me to question - is what I SEE truly what IS? My view of what I see - well, is that what others also have in their view? And from that view what observations and perceptions might they create?

I am sure that like you, I am often surprised what others observe of me, and then define their perception of who I am and what I do. It then becomes their reality. And like you, I also walk away with observations of others and other events that become my truth. It is then that the idea of my reflection, and as a result of the 'thought and thinking,' (the other meaning of reflection) emerges.

Those who know me well hear me say often, "Hmmm...that's interesting." It occurs to me that in the speaking of that phrase, I am shifting my observations into a thought, and begin formalizing perceptions of what I believe to be truth. Another example of a 360 degree direction where reflection begins with a thought, moves to creating an impression, and then creates a new view.

I encourage you to consider the circle of your reflections...

- What is your favorite language regarding your reflections - contemplation, meditation, musing, impression, representation, etc.?
- What questions surface when you are in a reflective mode?
- Do you choose to look backward or forward first?
- Do you choose to let your reflections meander in their own direction?

- Most importantly, does your reflection settle you, calm you, or move you to action?

In the spirit of looking forward to view your future more consciously, may you smile in your circle of reflection,

Jean

2011 - What's Coming - Reflecting Forward

Coming in 2011...The Constructive Choice Newsletter topics will be:

- Building Alliances, Partnerships and Connections (Qtr. 1)
- Negotiating Agreements (Qtr. 2)
- Navigating Change (Qtr. 3)
- Managing Transitions (Qtr. 4)

You are invited to share any thoughts or questions you have for these topics. If you have any resources you would also like to share with the Constructive Choice readers, please do send them along - that goes for favorite quotes as well.

The first month of any topic focuses on an introduction and some running thoughts, in the second month I offer a list of additional tools and resources in books and internet sites and in the third month, I will devote some time to a call for action.



CHOOSE to...

... jot the thought down and capture it ... exercise your brain ... consider all your thoughts - the brilliant and the silly, impractical, not-so-brilliant thoughts and ideas ... know that they all have value ... they are your quiet voice ... sometimes the voice that makes sense of it all.

... connect with your passion ... plan it in your life ... dance along in your thoughts and memories ... invite others to join in the reflections and share your heart.

...in this final month of 2010 and in the spirit of being at the end of year's cycle...look forward to the beginning of a new cycle...reflect on what can be was in 2010 ...imagine forward into 2011 of what you want, need or have your sights set on as new ... choose peace and abundance ... and create your reflection...the thoughts ... the image .. the beginning of your reform.

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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