

The Choice Connection

~ "STAGES and STEPS - Moving Forward into 2010" ~

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



Jean Strosinski
PhD, PCC, CPT



In This Issue

QUOTES

STAGES and STEPS - Highlights

TOOLS and RESOURCES - A Sample

STAGES and the STEPS to GET THERE - Pauses and Putting One Foot in Front of the Other

CHOOSE TO...

STAGES and STEPS -Highlights

Number 10 of the Top 10 (please refer to February 2010 issue for all of the Top Tens)

#10 - Age is a state of mind - start by identifying which of your expectations are realistic and unrealistic. We are less able to appreciate what we have when our expectations are too high. Begin to appreciate your reality - be grateful for what is!

~ Adapted from *Wake-Up Calls* - Joan Lunden
©2001

~ A

TOOLS and RESOURCES - A Sample

BOOKS...

Wherever You Go, There You Are (1995) ~ Jon Kabat-Zinn, Ph.D.

Quotable Quotes

"Courage does not always roar, sometimes it is the quiet voice at the end of the day saying...I will try again tomorrow." ~ Mary Anne Radmacher

"Focus on what you are moving toward rather than what you are leaving behind." ~ Alan Choen

"The seven ages of man: spills, drills, thrills, bills, ills, pills, wills." ~ Richard J. Needham

Dear Reader,

The INTERNET CONNECTIONS...
Six Financial Steps for Each Life Stage -
<http://www.thewisdomjournal.com/Blog/six-financial-steps-for-each-life-stage/>

Please refer to February 2010 CCI Newsletter for the complete listing.

~ A

Quick Links

[Newsletter Archives](#)

[CCI Web Site](#)

[About Jean and CCI](#)

[The Choice Store](#)

[Articles & Workshops](#)

[Complimentary Coaching Intro](#)

[Contact Jean](#)

[Join Our Mailing List!](#)

Sign up for The
Choice Connection
Today!

STAGES and the STEPS to GET THERE

"Pauses and Putting One Foot in Front of the Other"

I love the quote "Focus on what you are moving toward, rather than what you left behind" by Alan Choen. When looking and moving forward in my life, the focus for me has often been enhanced by guidance from others.



I certainly don't claim to know all the facets of my life focus as I continue down my path. I do know it is important to remind myself to pause along the way - not just once, but many times. Some may perceive these pauses as a distraction, or a delay. Not so, for me. Pauses are neither distractions nor delays. Most importantly, they give me a reason to stand in a different time and space and enjoy a new view.

Pauses also create a moment in time and space to catch my breath, consider a lesson learned, and most importantly rejoice in the progress made thus far! Like you, no journey I have taken has been obstacle-free. Overcoming each and every one of the barriers and challenges created a new view of the opportunities ahead. These views were seldom the ones I started out looking for - they just seemed to be of their own design. And more often than I can remember, when I tend to look back just a little, I am often amazed at what the view and purpose of my being in that time and space really were.

I invite you now to sit quietly for a moment and consider the path you are currently traveling.

Name the path you are on ... BREATHE ...

Name the challenge you just moved through ... SMILE ... this really is progress!

Now ... consider a recent piece of guidance you received from a friend ... can it move you forward

... will you allow it to move you forward - just taking one more step ahead?

Now ... FOCUS anew ... and again, REFOCUS ... STEP forward ... it can be a tentative step ... it is one foot in front of the other ... Move into the opportunity ...

Remember to keep centered as you travel along your PATH ... more breathing and more pauses ...

...and when you are ready for a pause ... know that you can take just that ... a pause.

What follows? ... breathing, smiling at new progress, receiving guidance, and a REFOCUS for your path.

As You Put Your Best Foot Forward and
Wishing You Light on Your Path,

Jean



CHOOSE to...

be flexible, be prepared, accept changes and all with an attitude of positivity. Life is happening...be ready and choose to step into it!

... be grateful and happy with what you have and walk into today with kind and thoughtful steps.

...receive the guidance with thoughtful consideration and enjoy the pauses you encounter on your path.

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!*

Copyright 2010, All Rights Reserved Constructive Choices, Inc.

PO Box 1363 Sandia Park, NM 87047-1363 <http://www.constructivechoices.com> (505) 286-4079

Email: jean@constructivechoices.com

Please, feel free to distribute this newsletter in its entirety. I only ask you include copyright and subscription information. You may have received this newsletter from a very thoughtful friend and I invite you to pass it along to others.

To subscribe/unsubscribe to the Constructive Choices, Inc. Newsletter, please, send an email to jean@constructivechoices.com with your request of choice!