



October 2010 "REFLECTIONS"
4, Issue 10

Volume

In This Issue

QUOTABLE QUOTES

REFLECTIONS - What's Coming

REFLECTIONS - The Top 5

REFLECTIONS - The Views That Make You Ponder...

CHOOSE TO...

REFLECTIONS -What's Coming

Our final theme for this year is a discussion and exploration of the value of reflection in our life. It is more than just thinking, being thoughtful ,and/or looking back. Here is an opportunity to consider the impact of what may have been and how it has shaped us into where we need or want to go.

REFLECTIONS - The Top 5

As we move into the

Quotable Quotes

"Whatever good results I find in my reflections come to me when I am walking." ~ Goethe

"By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is the easiest; and third by experience, which is the bitterest." ~ Confucius

"Everyone and everything that shows up in our life is a reflection of something that is happening inside of us." ~ Alan Cohen

Dear Jean,

REFLECTIONS - The Views That Make You Ponder

I'm going to love exploring this topic for the next three months. Reminder! ... the third (and last month) for every newsletter theme in this year focuses on personal reflection. Joyfully, this topic will end with a reflection on *Reflections* and also ends at the close of a calendar year - a time when most of us are already looking back and wondering where the year has gone. So ... what is really on my mind has an opportunity to find its way to paper - well, actually, from the keyboard to the computer screen.



I consider myself to be a reflective person, sometimes maybe even at times doing a bit too much thinking and having too much quiet time around me. Not so quiet in my brain, though - there is a running

last quarter of 2010, here are five of the TOP TEN Questions to start your own reflection...

1. What did I learn? (skills, knowledge, awareness, etc.)
2. What would I have done differently? Why?
3. What did I complete or release? What still feels incomplete to me?
4. What did I do right? What do I feel especially good about? What was my greatest contribution?
5. What were my biggest challenges/roadblocks/difficulties?

© Michael Angier

Quick Links

[Newsletter Archives](#)

[Constructive Choices Web Site](#)

[About Jean](#)

[The Choice Store](#)

[Articles & Workshops](#)

[Complimentary Coaching Intro](#)

[Contact Jean](#)

[Join Our Mailing List!](#)

Sign up for The
Choice Connection
Today!

stream of consciousness and I am rather comfortable with all the thinking that seems to fill my days. I do spend a lot of quiet time when I am working at home. There is silence that surrounds me all day - no radio, no TV - no news. The only sounds that break the silence may be a work call or our two dogs, Bailey and Elle, coming in to check in on me and voicing a need for water, food, or a bit of love.

In my research (something I do for each topic I share), I ran across an insightful article by Professor Phil Race titled, "How to Write a Reflection." I loved his message (link for the entire article is below) and his metaphor on how writing a reflection is much like writing a shopping list - writing about what we want and what we need and that shopping lists, as a type of reflections, have a purpose. So ... when it comes to writing your reflections, you might consider list writing as a technique to become more comfortable with this writing approach. (<http://alt-resource.teams.leedsmet.ac.uk/how-to-write-a-reflection>)

As Professor Race writes, "That's where lists come in. If we don't jot down a few words about an idea we've got, or one we can adapt to our own purposes, the ideas just tend to evaporate away. A day later, it's all gone. We can't remember what we laughed at, what we agreed with, what we argued with, what annoyed us and what we thought of everyone else around us. That's why it's worth writing reflections, there and then, all the way through...life in general. It saves us forgetting things. It saves us from losing good ideas. It saves us from just sitting there getting bored sometimes. We can jot down words. Some people are good at drawing pictures ... Jotting down reflections is actually quite close to making shopping lists. It's about putting down just enough words (or pictures) to remind us of what we were thinking at the time, not least what we were learning at the time."

Professor Race points out that a good way to get into writing reflections is to write down some questions ... and then our answers to those questions. And he offers some question suggestions tailored to being present in a session (conference/event type). His questions are generic enough to be used whether you are sitting in a session or enjoying some quiet time in the office or at home.

My personal experience with writing reflections began some years ago when experimenting with an exercise from *The Artist's Way* by Julia Cameron. The *Morning Exercise* encourages you to write 3 pages (no more, no less), a stream of consciousness thinking. Powerful, stretching and as I started my business it is what kept me motivated and pulled at the creative juices. Almost every day there was a piece of reflective writing in those pages and often they really did start as a list. Lists of things to consider, take care of, write about, ideas to incorporate, and ways of being in my business. I did this for a number of years and thinking again, it is time to pick it up again.

Some points on writing *Reflections* from Professor Race - there is no

magic to writing them, spelling and grammar don't count, just make sure you can read your own writing, they are private and personal in the beginning and only become public if you care to share your musings. You'll capture the brilliant ideas, trust yourself to begin your answers for all the questions you have. Of course, you'll have to actually move from the thinking to the writing to experience and capture the completeness of your reflection.

Wishing You Joy in Your Thinking and Listening,

Jean



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.

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 New Mexico, LLC.

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 Newsletter, please, send an email to jean@constructivechoices.com with your request of choice!